

Confidence Level of Using Android-Based Applications in Physical Learning at Saintek Nurul Muslimin Vocational School

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ABSTRACT

This research aims to find out how high the level of self-confidence of Saintek Nurul Muslimin Vocational School students is in participating in Android application-based physical education learning. This study uses a quantitative approach. If viewed from the type of data presented, the method in this research is survey research using a questionnaire. The sample used was a total sampling of 25 students. The results of the research on the level of self-confidence of students at SMKN 1 Tirtamulya in participating in taekwondo extracurricular activities obtained the lowest score (minimum) of 48.8, the highest score (maximum) 72.8, the average score (mean) 59.3 and the standard deviation (SD) 6.9. Based on the results of calculations using research data processing; it can be concluded that the level of confidence of Saintek Nurul Muslimin Vocational School students in participating in Android application-based physical education learning is in the LESS category with an average percentage of 59.34%.

INTRODUCTION

Physical education is a learning process through physical activities designed to improve physical fitness, develop motor skills, knowledge of healthy and active living behavior, sportsmanship, and emotional intelligence. The learning environment is carefully arranged to increase the growth and development of each student's physical, psychomotor, cognitive, and affective domains[1].

Physical education is an educational effort that uses considerable muscle activity to prevent health problems and body growth from hampering the ongoing educational process. As an integral part of the overall educational process, physical education aims to develop organic neuromuscular, intellectual, and social areas[2].

Physical education is part of a general program that contributes to the child's overall development[3]. Physical education is a systematic interaction process between students and the environment, managed through effective and efficient physical development toward forming a complete human being[4]. This is then arranged systematically through teaching and learning activities to meet students' physical, mental, and social growth and development needs.

Based on the opinions above, education is a learning process through physical activity designed to improve physical fitness, develop motor skills, knowledge, healthy and active living behavior, sportsmanship, and emotional intelligence.

Learning is a deliberate process of actions that causes changes, the circumstances of which are different from changes caused by others. According to Gagne in his book *The Conditions of Learning* 1997, Learning is a type of change shown in behavior changes, which is a different situation from before the individual is in a learning situation and after carrying out similar actions[5]. Changes occur as a result of experience or training. This is different from immediate changes due to reflexes or instinctive behavior.

Therefore, physical education is also a part of education that prioritizes physical activity and fosters healthy lifestyles in the context of physical development, growth and development, movement abilities and skills, and helping to build and develop other physical and psychological functions, such as self-confidence.

Self-confidence is an essential personality that humans must have. Someone who is confident can develop their potential, whereas someone who is not confident will hinder the development of their potential because they feel unsure about their abilities. A student is someone who is pursuing formal education. Students who are the continuation of the nation's relay should have self-confidence so they dare to express their aspirations and desires[6].

Students needing more confidence result from discomfort and lack of confidence in their abilities. They judge that their abilities are too low compared to others and cannot do anything for their development in that environment. One step in building self-confidence is understanding and believing every human has strengths and weaknesses.

Android is a Linux-based software used in entertainment, work, and education. Information and communication technology has penetrated the world of education, so it does not rule out the possibility that Android will be used in an educational institution's teaching and learning process[7].

We know that the development of information technology is very rapid because Indonesian society is a consumerist society regarding technology and because of the need for technology in terms of education, the world of work, and industry. However, it is much more influential in terms of education than it is today. Apart from that, the influence of Android on the world of education in Indonesia today is in terms of Learning and ease of communicating, browsing, and sending emails for educational purposes, where assignments or any materials are widely available on the internet and are easily accessed by Android users.

Android tentu saja menimbulkan pengaruh positif dan pengaruh negatif, seperti ;

1. The positive influence makes it easier for teachers to obtain material and develop teaching methods. Appropriate information technology facilities also help students understand the

lessons they receive. They can find study materials online and more updated educational information.

2. Meanwhile, its negative influence hinders students regarding internet technology, such as online games, which are currently rampant.

Many people are addicted to online games, so they negatively influence the educational process." Of course, students have to filter which are excellent and beneficial for their education and which have dire consequences that can hinder their learning process. As information and communication technology develops, many groups increasingly recognize Android, including in education.

Suppose all educational institutions provide tab facilities for their students in the current learning process. So, all students benefit from carrying something lighter than carrying books. Apart from that, all files for the learning process can be saved in the memory tab so that students don't have to write on pages anymore. However, behind all these advantages, there are disadvantages. For learning methods, teachers must use online e-learning methods and learn how to use them and their benefits. Apart from that, they must always aim for positive things[8].

Students must always be guided so that the e-learning method can be appropriately used in the learning process. In this case, the teacher is a facilitator to guide and direct what is learned in various subjects or specific lessons. Students also benefit from Android's stunning appearance. Learning to use Android may make it easier for teachers because the teacher acts as a facilitator and no longer speaks at length using a lecture model.

Because if you only use the lecture method, students think it is not attractive, so there must be other methods so that students are not bored or even interested in learning the lessons taught by their teacher. Sometimes, teachers have to prepare the proper method for studying one type of lesson so that their students are interested in learning it. Not just using one technique over and over again. However, teachers must have creative ideas to attract their students to learn something that will be taught.

Based on the web page <http://unnes.ac.id/berita/android-untukpendidikan/>, in the Android For Education Workshop at Semarang State University (UNNES) Software Engineer at 3iQ's Inc, Orlando, Florida USA Lukluk Luhuring Santoso said, "Android plus "Education allows us to create collaborative learning, which is a learning environment where many people join together to do work together, giving each other feedback to produce something perfect." Then Lukluk continued that elementary school students are used to doing research in Europe and America[9].

Lukluk also said, "After getting the material from the teacher, the teacher gives research assignments related to the material in groups. Because each person has a different view, that will make learning more quickly understood and produce something extraordinary. So, Learning is not just about memorizing theory; the theory we have learned must be put into practice to understand what the theory wants to express. The rapid development of information and communication technology has significantly impacted the world of education in particular.

This development brings benefits to students from the use of information and communication technology, including:

1. Students can access the information they need, even if it results from someone else's research (with the legality of copypaste).
2. With the application of technology's benefits, students can access sources of knowledge more quickly than before because information access has been widely used with gadget media (HP, iPad, Mobile Tab).
3. Lesson materials will appear interactive and exciting, and the delivery will be more conceptual.
4. Educational materials can be accessed via distance learning if costs and time are constrained.

Of course, Using Android in the education sector can benefit all parties, including teachers and students. Android is popular because it is easy to use and has many supporting applications. Like other devices, apart from playing and communicating, smartphone devices with the Android operating system can also provide sources of knowledge.

Now, many developers are starting to develop their businesses to create applications that help students in their studies. Many applications have been designed to provide the references that students need or help organize their study schedules. So, students (students) benefit from the presence of smartphones with the Android operating system[10].

The Covid-19 pandemic that emerged in December 2019 impacted all fields, including education. All indoor and outdoor activities in all sectors have been temporarily postponed to reduce the spread of COVID-19, so schools in several regions in Indonesia are currently still using online media. The Ministry of Education and Culture issued Circular Number 4 of 2020 concerning implementing Education Policies in the Emergency Period of the Spread of COVID-19, which states that the learning process is carried out at home through online/distance learning. Online learning is an alternative form of learning that can be used during the Covid-19 emergency.

Therefore, based on government policy, physical education teachers need help carrying out the learning process. Physical education is carried out practically, which requires communication and a process in which the teacher comes into direct contact with the students. This is usually related to correcting the movement techniques students carry out.

Because this process cannot be carried out, there must be a method supported by learning media, which can facilitate the learning process so that it runs optimally without conflicting with the regulations imposed by the government regarding minimizing the spread of COVID-19. Therefore, I researched using Android-based applications in Physical Education Learning at Saintek Nurul Muslimin Vocational School.

METHODS

This research uses survey research. The survey method collects relatively limited data from many specialities[11]. Surveys help find out what exists without asking why, and the author wants to know the level of confidence of Saintek Nurul Muslimin Vocational School students in Android-based physical education learning.

RESULT AND DISCUSSION

Result

The results of the questionnaire data analysis regarding the level of self-confidence of Saintek Nurul Muslimin Vocational School students participating in Android-based Physical Education Learning Activities were then tabulated to determine the percentage level. Recapitulation Results of Confidence Percentage Calculation, Respondents' Answers to Positive Statements.

Table 1
Calculation of Average Self-confidence (Positive Statements)

Mean	S. Deviasi	Min	Max	N
60,3	7,2	48,8	70,4	25

Table 2

Results of Confidence Analysis (Positive Questions)

No	Respondent's Answer					Number x Weight	Percentage Calculation	Percentage Yield
	SS (5)	S (4)	R (3)	KS (2)	TS (1)			
1	3	12	7	1	2	88	88/125x100%	70,4%
3	1	5	16	1	2	77	77/125x100%	61,6%
4	3	8	10	3	1	84	84/125x100%	67,2%
7	2	5	12	6	0	78	78/125x100%	62,4%
9	1	4	8	9	3	66	66/125x100%	52,8%
11	2	7	10	4	2	78	78/125x100%	62,4%
13	4	2	16	3	0	82	82/125x100%	65,6%
14	1	4	9	7	4	66	66/125x100%	52,8%
17	2	2	8	9	4	64	64/125x100%	51,2%
19	1	2	11	8	3	65	65/125x100%	52,0%
20	4	4	8	6	3	75	75/125x100%	60,0%
23	1	7	17	0	0	84	84/125x100%	67,2%
24	5	5	10	3	2	83	83/125x100%	66,4%
27	2	9	7	5	2	79	79/125x100%	63,2%
28	4	6	6	6	3	77	77/125x100%	61,6%
31	2	12	8	2	1	87	87/125x100%	69,6%
33	1	2	9	9	4	62	62/125x100%	49,6%
34	0	5	7	7	6	61	61/125x100%	48,8%
Average								60,3%

Recapitulation Results of Calculation of Confidence Percentage, Respondents' Answers to Negative Statements.

Table 3

Calculation of Average Confidence (Negative Statements)

Mean	S.Deviasi	Min	Max	N
58,4	6,5	50,4	72,8	25

Table 4

Confidence Analysis Results (Negative Statement)

No.	Respondent's Answer					Number x Weight	Percentage Calculation	Percentag e Yield
	SS (1)	S (2)	R (3)	KS (4)	TS (5)			
2	1	9	8	6	1	72	72/125x100%	57,6%
5	0	4	15	4	2	79	79/125x100%	63,2%
6	3	2	17	2	1	71	71/125x100%	56,8%
8	1	13	9	1	1	63	63/125x100%	50,4%
10	0	8	15	1	1	70	70/125x100%	56,0%
12	0	3	19	2	1	76	76/125x100%	60,8%
15	2	5	14	3	1	71	71/125x100%	56,8%
16	0	7	10	6	2	78	78/125x100%	62,4%
18	0	4	11	7	3	84	84/125x100%	67,2%
21	1	12	9	2	1	65	64/125x100%	52,0%
22	1	11	10	2	1	66	66/125x100%	52,8%
25	0	7	14	3	1	73	73/125x100%	58,4%
26	0	2	14	6	3	85	85/125x100%	68,0%
29	1	9	13	2	0	66	66/125x100%	52,8%
30	4	7	11	1	2	65	65/125x100%	52,0%
32	6	6	7	4	2	65	65/125x100%	52,0%
35	0	2	7	14	2	91	91/125x100%	72,8%
Average								58,4%

Table 5

Recapitulation Results of Analysis of Confidence Level of Saintek Nurul Muslimin Vocational School Students in Participating in Android-Based Physical Education Learning Activities

Statement	Results	Category	Statement	Results	Category
1	70,4%	Enough	19	52%	Very less
2	57,6%	Not enough	20	60%	Not enough
3	61,6%	Not enough	21	52%	Very less
4	67,2	Enough	22	52,8%	Very less
5	63,2%	Not enough	23	67,2%	Enough
6	56,8%	Not enough	24	66,4%	Enough
7	62,4%	Not enough	25	58,4%	Not enough
8	50,4%	Very less	26	68%	Enough
9	52,8%	Very less	27	63,2%	Not enough
10	56%	Not enough	28	61,6%	Not enough
11	62,4%	Not enough	29	52,8%	Very less
12	60,8%	Not enough	30	52%	Very less
13	65,6%	Enough	31	69,6%	Enough
14	52,8%	Very less	32	52%	Very less
15	56,8%	Not enough	33	49,6%	Very less

16	62,4%	Not enough	34	48,8%	Very less
17	51,2%	Very less	35	72,8%	Enough
18	67,2%	Enough			
Average		59,34%		Not enough	

Based on the table above, the level of confidence of Saintek Nurul Muslimin Vocational School students in participating in Android-based physical education learning activities is in the LESS category, with an average percentage of 59.34%. It is known that each statement item number 1, 4, 13, 18, 23, 24, 26, 31 and 35 received the ADEQUATE category, while for statement items number 2, 3, 5, 6, 7, 10, 11, 12, 15, 16, 20, 25, 27 and 28 get LESS, and for statement items number 8, 9, 14, 17, 19, 21, 22, 29, 30, 32, 33 and 34 get LESS.

Table 6
Summary of Analysis Results for Each Indicator

No.	Aspect	Indicator	Results	Category
1	Self-confident	Confidence in his abilities	61,2%	Not enough
2		Optimistic attitude	58,7%	Not enough
3		Objective Attitude	55,9%	Not enough
4		Responsible Attitude	61,2%	Not enough
5		Rational Attitude	58,6%	Not enough
Total Average				59,3%

Discussion

Based on the results of calculations using data processing from research on respondents' answers, it can be concluded that the level of confidence of Saintek Nurul Muslimin Vocational School students in participating in Android-based physical education learning activities is in the LESS category with an average percentage of 59.34%. Confidence with the Confidence in One's Ability indicator and the Responsible Attitude indicator has an average percentage value of 61.2% in the LESS category, the Optimistic Attitude indicator has an average percentage value of 58.7% in the LESS category, the Objective Attitude indicator has an average value of - the average percentage is 55.9% in the LESS category, and the Rational Attitude indicator has an average percentage value of 58.6% in the LESS category.

Each student's self-confidence can influence other students to participate in Physical Education learning at Saintek Nurul Muslimin Vocational School. Self-confidence is also an essential factor because, with self-confidence, a person is not too anxious when acting and feels free to do appropriate things. w, desires and takes responsibility for his actions, acts politely when communicating with other people, has the drive to achieve, and is able to recognize his own strengths and weaknesses.

This explanation aligns with Amri's (2018) opinion that Self-confidence is an essential aspect of a person's personality. Without self-confidence, a person will have many problems. Self-confidence is the most valuable attribute of a person in social life because, with self-confidence, a person can actualize all the potential within him.

CONCLUSION

Based on the results and discussions that have been carried out, we can conclude that the level of confidence of Saintek Nurul Muslimin Vocational School students in participating in Android-based physical education learning activities is in the LESS category, namely with an average percentage of 59.34%. Confidence with the Confidence in One's Ability indicator and the Responsible Attitude indicator has an average percentage value of 61.2% in the LESS category, the Optimistic Attitude indicator has an average percentage value of 58.7% in the LESS category, the Objective Attitude indicator has an average value of - the average percentage is 55.9% in the LESS category, and the Rational Attitude indicator has an average percentage value of 58.6% in the LESS category.

This shows that it is necessary to conduct an evaluation carried out by students and teachers/trainers so that in the future, the level of confidence of Saintek Nurul Muslimin Vocational School students in participating in Android-based Physical Education Learning Activities can be

further increased, thereby creating high-achieving students. In previous years, this could have been achieved perfectly.

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