

Analysis of Learning Styles for Achieving Students in Sports

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Abstract

This research aims to describe the learning styles used by students who excel in sports and describe the characteristics of learning style characteristics of students who excel in sports. The subjects of this research are students who have high achievements in the field of karate. The research was conducted in class V at SDN Ciparay, Mangkubumi District, Tasikmalaya City. This study used qualitative research methods. Research data was obtained through data collection techniques, namely observation, interviews and documentation. The research subjects were the class V homeroom teacher, and one class V student. Based on the results of the research and discussion of an outstanding student in sports named M, it can be concluded that his learning style shows a kinesthetic learning style tendency. Learning through kinesthetics with the characteristics of learning likes to do light physical activities such as walking around when memorizing reading texts, pointing your finger at the text while reading, not being able to sit still for a long time, using body gestures when talking or explaining something, writing hands are not neat, explaining something while practicing.

Keywords: Learning Style, Elementary School Students, Sports Achievement



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INTRODUCTION

Education is an important element in nation and state development because in its development education is one of the nation's assets for the formation of human resources (HR) who can become the backbone of the nation and it is hoped that they will be the ones who will carry forward the ideals and hopes of the fighters. Education is also a place for learning to try to develop one's talents, increase knowledge and experience regarding cognitive and psychomotor aspects to achieve certain goals. According to Slameto (2014) Learning is a person's attempt to obtain a change in the form of completely new behavior, as a result of experience gained through interaction in their environment. Learning activities at school are educational activities that generally lead students to a better situation. Education in this case cannot be separated from the role of teaching staff, namely teachers as facilitators in delivering material who must really understand how to understand a learning process from their students (Oktaviani, Nurasiah and Iyesmaya. 2020).

Each student has their own way of understanding, absorbing and receiving information related to learning, which is called a learning style. Learning style is an important aspect that teachers and students must pay attention to because learning style is the key to student learning success. According to (Priyatna 2013:4) Learning style is the way students receive new information, as well as the process they use to learn in order to achieve their best performance both visually, auditorily and kinesthetically. Varied learning styles allow students to absorb information or learning material easily. These learning styles include 1) visual learning style, namely learning using sight, 2) auditory learning style, namely learning using hearing, and 3) kinesthetic learning style, namely learning by practicing.

Based on previous research conducted by Fitriani, et al. (2020) entitled "Analysis of Visual, Auditory, Kinesthetic Learning Styles of Achieving Students at SDN Ajibarang Wetan" states that according to the sensory preference approach learning styles can be divided into

three types, namely, visual learning characteristics which are characterized by requiring the sense of sight to understand learning information, very sensitive to colors and letters, has a good understanding of artistic matters, often has difficulty when having direct dialogue, is reactive to sounds, has difficulty following verbal instructions, likes to draw anything on paper, and often misinterprets words or utterances, these are the characteristics of learners auditory, that is, they can only receive learning through the sense of hearing, difficulty absorbing information in written form, difficulty in writing and reading, easy to remember names when meeting new people, while the characteristics of kinesthetic learners are that they like to learn using physical activity, cannot sit still and listen to the teacher's explanation for a long time, feel like they are learning It would be better if you do physical activity. This learning style will influence the learner's character in carrying out their learning activities in order to achieve their best performance.

Achievement is the result that has been achieved by someone in carrying out activities. According to Maghfiroh (2011: 24) Achievement is task-oriented behavior that allows individual achievements to compete with other people. Achievement is not always obtained in the academic field but can also be obtained from non-academic fields. According to Sugiyanto (2007: 11) Academic achievement is the result of changes in behavior which include the cognitive, affective and psychomotor domains which are a measure of student success in learning. Meanwhile, according to Slameto (1999: 21), non-academic achievements are achievements obtained by students through extracurricular activities or activities carried out outside study hours. Therefore, it is important for every individual and educator to know the way or style of student learning. The student's interest in the learning process does not depend entirely on the subject or learning material alone, but on the way the teacher conveys the material in the teaching process. According to Rohani (2014) the learning strategies used by teachers are considered to be very important for students in achieving learning goals. So, the use of learning strategies is used to achieve certain goals, so that learning steps, various learning facilities and resources are arranged and directed in an effort to achieve goals, so that the learning process can run effectively and efficiently. An educator must also be able to know how to attract students' interest in learning so that active learning occurs in the classroom and outside the classroom.

Based on the results of researchers' observations in class V at SDN Ciparay, Mangkubumi District, Tasikmalaya City, researchers observed students' learning styles, especially students who excelled in sports during the learning process. Researchers found one student who had high achievements in the field of karate up to the national level, but this student did not excel in the learning process in class because the student paid less attention to the teacher's explanations during the learning process, and tended not to be able to sit still and listen to the teacher's explanations. long time. These observations show that there are various tendencies in learning style characteristics that influence students' achievement in sports during the learning process. So from these observations the researcher was interested in conducting research with the title "Analysis of Learning Styles for Students with Achievements in the Field of Sports (Case Study of Class V Students at SDN Ciparay, Tasikmalaya City". From the background of the problem, the researcher identified several problem formulations, namely: 1) how learning styles of students who excel in sports? and 2) what factors influence students who excel in sports so that they concentrate less when learning in class? This research was carried out to achieve several objectives including: 1) To describe the learning styles of students who excel in sports in the classroom learning process. 2) To describe what factors influence the learning concentration of outstanding students in the field of sports in the learning process in class.

RESEARCH METHODS

In this research, a qualitative approach was used with the case study method. The qualitative research method is a research method based on the philosophy of postpositivism, used to examine the condition of natural objects (Sugiono 2017:15). According to Creswell (in Gunawan, 2014: 114) Research using case studies is research carried out on a particular object, said to be a case, carried out thoroughly and in depth using various data sources. In general, this research procedure consists of three stages, namely the orientation stage (initial observation and deepening the problem), then the exploration stage (obtaining data through observation, interviews and documentation) and member check (to check the correctness of the information that has been collected).

The sample in this research was carried out on one student who excelled in sports named "M" on the grounds that this student had high achievements in sports, namely karate at the national level but was less superior in the learning process in class, the determination and sampling technique used purposive sampling, where purposive sampling is sampling carried out by selecting subjects based on specific criteria in the research. The type of data used by researchers is qualitative data. According to (Sugiono 2017: 24) Qualitative data is data expressed in the form of words, sentences and images. In this research, researchers will further examine the learning styles of students who excel in sports in elementary schools. The observation, interview and documentation techniques use observation and interview instrument sheets. Then the data analysis method used is triangulation where the data obtained is combined from observations, interviews and documentation with the aim of obtaining more focused data using the Miles, Huberman and Saldana (2014) model, namely analyzing data in three steps: 1) data condensation, 2) presenting data (data display), and 3) drawing conclusions or verification (conclusion drawing and verification).

RESEARCH RESULTS AND DISCUSSION

Individually, each student has a choice regarding the most effective and efficient way of learning in obtaining and managing the information obtained. Honey and Mumford (in Ghufon and Risnawita, 2014) say that it is important for each individual to know their own learning style, so that they can increase awareness of learning that suits themselves and what does not suit themselves. The learning styles that emerge are students' habits during the daily learning process. As explained above, this research aims to describe the visual, auditory and kinesthetic learning styles of students who excel in sports in the learning process in class V at SDN Ciparay, Mangkubumi District, Tasikmalaya City. In this observation, the researcher used the instrument sheet that had been created. The observation sheet contains statement questions about the tendencies of visual, auditory and kinesthetic learning styles in students who excel in sports. Based on the results of data collection through observation, interviews and documentation obtained in the field, whether there are visual, auditory and kinesthetic learning styles, as well as their tendencies in the teaching and learning process, data obtained from research results on students who excel in sports in class V at SDN Ciparay show a combination of styles. visual, auditory and kinesthetic learning with a kinesthetic learning style tendency. "M" students reflect various characteristics of their preferred learning styles when studying.

Table 1. Intensity of Learning Style Characteristics

Student achievement	Intensity of Learning Style Characteristics			Conclusion Learning Style Dominance
	Visual	Auditory	Kinesthetic	
M	2	4	8	Kinesthetic

Based on the table above, it shows that students with an achievement of "M" show a combination or combination of visual, auditory and kinesthetic learning styles with a tendency for the intensity of the characteristics of the kinesthetic learning style. With portions of kinesthetic, auditory and visual learning styles. Where, the kinesthetic learning style is at the first level with the acquisition of 8 out of 9 statements, the auditory learning style is at the second level with the acquisition of 4 out of 9 statements and the visual learning style is at the third level with the acquisition of 2 out of 9 statements for research subjects. By obtaining the results of this research, it is in accordance with the results of initial observations where students tend not to be able to sit still and listen to the teacher's explanation for a long time during the teaching and learning process, so that this factor triggers students to be less superior in the learning process in class. Based on the description of the research results on the learning styles of students who excel in sports, the characteristics of the visual learning style in the research subjects are: a) Likes to answer briefly, and b) Likes to draw. The characteristics of the auditory learning style are: a) easily distracted by noise, b) likes to hum in class, c) prefers to talk directly to writing, and d) often talks to himself when studying or thinking. Meanwhile, the characteristics of the kinesthetic learning style are: a) likes to learn by moving/kinesthetic, b) cannot sit still for a long time, c) points fingers when reading, d) uses body gestures when speaking, e) handwriting not neat, f) approaching the other person when talking, g) enjoying doing physical activities, h) explaining something when practicing".

So from this statement it can be explained: 1) Visual learning style is a learning style that focuses on vision where students can more easily understand learning by looking at pictures or learning videos and also graphs. From the results of observations, researchers saw that "M" did not really show the characteristics of a visual learning style. "M" likes to answer briefly when the teacher asks questions during the learning process, but "M" pays less attention to the teacher when the teacher explains the lesson material. This is in line with the results of the interview with student "M" that he was unable to concentrate when the teacher was explaining the learning material and did not like taking notes. 2) The auditory learning style is a learning style that is more receptive to learning through hearing. Generally, the auditory learning style uses an expository learning strategy (lecture), discussion and question and answer. From the results of observations and interviews conducted, researchers found that student "M" did not like and could not focus when the teacher explained the lesson. "M" also finds it difficult when the teacher gives reading assignments and "M" tends to be easily distracted by noise so that "M" cannot focus on listening to the teacher and also reading. 3) Kinesthetic learning style is a style of learning by doing physical activities. In the kinesthetic learning style, students usually find it easier to accept practical learning.

From the results of field observations, researchers saw that during the learning process "M" seemed more enthusiastic about learning by doing physical activities such as practice and sports. "M" also seems to enjoy doing physical activities and cannot sit for long during the learning process. When talking or explaining something "M" always uses body signals such as moving his hands. When reading "M" always use the index finger as a reading guide. One piece of evidence can be seen from the results of the interview: researcher: according to "M", is it easier to learn by looking at pictures/videos, listening to the teacher's explanation or learning by practicing? "M": I prefer to learn by doing, ma'am, I don't get bored without sitting all the time. So it's easy to remember the lesson because it's being demonstrated. This is confirmed by an interview with the fifth grade teacher: researcher: according to the mother of the three learning styles, is it true that "M" is easier to accept learning using practical methods? Teacher: "M" is indeed easier to understand learning with practical methods, but it must also be interspersed with a question and answer process.

Based on the description above, it can be concluded that even though students who excel in sports use the three learning styles visual, auditory and kinesthetic, "M" shows a tendency towards a very dominant learning style using the kinesthetic learning style, such that it is easier to remember what is practiced than what is seen and heard. , can't sit still for a long time likes to learn involving physical activity, and it's easier to memorize texts by walking around. Because, for students with a kinesthetic learning style, physical condition is one of the factors that plays an important role in their learning activities." This has been explained by "De Porter and Hernacki that people with a kinesthetic learning style are closer to characteristics such as thinking better when moving or walking, moving their body parts more when talking and finding it difficult to remain silent.

Discussion

Learning Style

According to Priyatna (2013: 4) "Learning style is basically a way that students receive new information, as well as the process they use to learn in order to achieve their best performance both visually, auditorily and kinesthetically." Based on the results of research through observation, interviews and documentation, student M shows a very dominant learning style tendency using a kinesthetic learning style such as remembering what is practiced more easily than what is seen and heard, cannot sit still for a long time, and enjoys doing physical activities. light. This has been explained by De Porter and Hernacki that people with a kinesthetic learning style are closer to characteristics such as being better at thinking when moving or walking, moving their body parts more when talking and finding it difficult to remain silent.

Characteristics of Learning Styles

According to Sianturi (2021) Each learning style has its own characteristics. Based on the results of observations of the characteristics of student M's learning style, it is a kinesthetic learning style which has characteristics, namely: 1) it is easier to learn by doing practice, 2) cannot sit still for a long time, 3) always uses the index finger when reading, 4) active when learning that involves physical activities such as practice and sports, always uses body gestures when talking or explaining something, 5) has sloppy handwriting, 6) approaches the other person when talking, 7) explains something when practicing, 8) uses gestures body when speaking. For students with a kinesthetic learning style, physical condition is a factor that plays an important role in their learning activities.

Performance

Achievement students are students who are successful in achieving learning and have achievements in both academic and non-academic fields. According to Arifin (2012: 3) Achievement is the result of a person's ability, skills and attitude in completing something. Achievements are not only obtained from academic fields but can also be obtained from non-academic fields. From the results of these observations it can be concluded that student "M" has good abilities in the field of sports, supported by a kinesthetic learning style tendency.



Figure 1. Certificate of First Place in National Student Sports Competition

Based on Figure 1, it shows the certificate for first place in the National Student Sports Competition which was obtained by students with the achievement "M", this shows that the achievement of "M" in the field of sports was very good with the achievement of first place in Women's Number Kata Karate at the National level. Student "M" always tries to pursue achievements based on his interests and abilities with the help of teachers to guide "M" in learning so that he is able to develop his potential and be able to adapt to various changes that occur in the environment.

Factor affecting

Based on the results of this research, it can be concluded that learning styles cannot be separated from the factors that influence them. These factors will later influence the achievements achieved by students. The following factors influence the learning styles of students who excel in sports, namely: 1) Personality is one of the supporting factors for learning, whereas during the teaching and learning process, student "M" is less concentrated on the learning delivered by the teacher. According to the interview results, student "M" said "it is difficult to understand when listening to the teacher's explanation for too long because he gets bored easily". From this personality, an educator can assess how he should handle his students, according to the type of each student in the learning process, so that effective and efficient learning can be achieved.

So, from this personality educators can understand their students' learning styles. 2) The teacher is an important component in the learning process. Therefore, student learning styles are related to the teacher's teaching methods or styles in learning. A teacher needs to understand the different learning styles of his students, so that learning can be created conducive. Apart from that, teachers' monotonous teaching strategies also have a big impact on students' learning concentration. 3) A good learning environment can have an influence on student learning concentration. To be able to concentrate well, there needs to be an environment that supports student learning.

Factors that influence students' learning concentration in class include: a) sound, where each student has different reactions to sound, some like to study by listening to soft or loud

music. There are also those who like studying in a quiet atmosphere and there are also those who like studying in a busy atmosphere in groups, b) Lighting is a factor whose influence is less felt than the influence of sound. This can be easily adjusted according to the lighting needed by students to be able to concentrate on studying, c) Temperature, each student also has different tastes, some like cool places, some like slightly warm places to study, and d) Learning design also greatly influences students' learning. There are two types of learning designs, namely formal designs and informal designs. Formal learning designs include studying at a study table complete with tools, while informal learning designs include studying while sitting relaxed, sitting on the floor, etc.

CONCLUSION

Based on the results of the research and discussion, from this research it can be concluded that students who excel in sports in class V of SDN Ciparay, Mangkubumi District, Tasikmalaya City show a tendency towards a dominant kinesthetic learning style, with the characteristics of a kinesthetic learning style, namely, liking to do light physical activities. such as walking around when memorizing a reading text, pointing your finger at the text while reading, likes to learn by involving physical activity/practice, cannot sit still for a long time, uses body gestures when talking or explaining something, handwriting is not neat, approaching interlocutor when speaking, explaining something while practicing. Students' learning styles and learning concentration can also be influenced by various factors such as personality, teachers and also the learning environment which includes sound, lighting, temperature and learning design. These three points are factors that influence students' learning styles and learning concentration in the teaching and learning process. So these factors can influence the achievements achieved by students.

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