Strategies for Self-Mastery and Physical Education Learning During the COVID-19 Pandemic

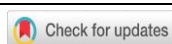**Eko Purnomo¹, Firunika Intan Cahyani², Nina Jermaina³, Donie¹, Eddy Marheni¹, Martio Mairifendi¹, Rizki Fitri Rahima Uulaa⁴**

¹ Universitas Negeri Padang, Padang, Indonesia
² Kiddy Land Gym and Pre-School, Padang, Indonesia
³ Universitas Pendidikan Indonesia, Bandung, Indonesia
⁴ National Taiwan University of Science and Technology, Taipei, Taiwan

Sections Info	ABSTRACT
	Self-control strategy is a way for a person to determine how to control himself. The purpose of this study was to examine how much influence online learning has on students' self-control in physical education subjects. Researchers used a Likert scale questionnaire as the medium to get data from respondents . The results showed that the self-mastery strategy for online learning resulted in students who tended to be passive but had good self-control. Then, we found that the self-control strategy needed by students is the enthusiasm and motivation of physical education teachers. So that students are not bored during the process of making assignments. Then the results of this study indicate that when online learning takes place, students tend to be passive and bored.However, we also found that students had good self-control even though the results of their assignments did not meet the learning modules, such as being respectful to the teacher and to their groupmates.

INTRODUCTION

The Global Corona pandemic (COVID 19) that occurred in the world is a global problem that occurs in the world and causes major changes to occur in life, one of which is in Indonesia which resulted in the situation changing drastically, where initially people could live normally and interact directly with each other but now everything has changed. become completely online or online, including in the field of education (Suriadi et al., 2021). The policies implemented by the government during the Covid-19 pandemic required teachers, especially Physical Education teachers, to determine what learning strategies would be used, posing a challenge for Physical Education teachers to think more critically and creatively in teaching Physical Education to students (Padallingan, 2022).

Physical education is a conscious effort to create an environment that is able to influence the potential of students to develop towards positive behavior through physical activity (Nurrohim, 2020). Physical activity is a form of stimulation that is created to influence the potentials of students in learning physical education in schools ranging from early childhood education to secondary education. In general, physical education is carried out directly with guidance from the teachers, so that every movement that is applied or performed is in accordance with the procedure. Physical education is a teaching concept based on self-management and physical activity skills and balanced nutrition (Corbin, 2020). However, in the last few months the whole world has been hit by a disease outbreak which has resulted in all students, especially in Indonesia, having to do online learning. During the online learning process, good

communication between teachers and students is needed. Sometimes in a learning process there is a communication failure. According to Situmorang et al. (2021), online learning that has taken place so far of course has not run smoothly, this is because the learning that was originally carried out face-to-face must be carried out online. In addition, there are several impacts felt by students on the online teaching and learning process, namely students feel forced to study remotely without adequate facilities and infrastructure. The next obstacle is that students have never done distance learning, because previously teaching and learning was carried out face-to-face, students were accustomed to face-to-face with teachers and friends. With online learning, students have to adapt to new changes, make students feel bored, lose their social spirit because of the difficulty of interacting with other people besides that some students also need extra assistance in teaching and learning (Mar'aha et al., 2020).

Another obstacle that may arise in online learning, especially in physical education, is that students cannot practice freely because of limited space. Besides that, the absorption of students in learning the material is not as easy as what the teacher sees or exemplifies directly. Thus reducing student interest in learning. Interest is a driving factor for students in carrying out efforts to achieve success in learning, thus it is clear that interest is very important in education, because it is a source of students' efforts (Yogaswara, 2021). If students' interest is low in the learning process, it will have an impact on the low response of the learning process (feedback). Response is a process of giving meaning or meaning to an object in the environment (Arif & Setyawan, 2022). In addition, according to Rojali et al. (2021), there are internal and external factors that affect students during online learning including, internal factors are factors that come from within students, such as learning discipline, physiological conditions (students' physical condition), psychological conditions (intelligence, talent, interest, motivation), external factors are factors that come from outside the student, such as environmental factors, family, instruments (curriculum, facilities and infrastructure as well as educators). Some of the things above are a factor in the success or failure of online learning.

According to Rawlings et al. (2022), during the pandemic many students experience symptoms of anxiety and depression, and changes in cognition and behavior related to the impact of online learning and restrictions on social activities. Elements related to psychology, especially those related to self-development and self-control of students (Wall et al., 2022). Changes that occurred during the pandemic became a new challenge for parents, teachers and schools. So that a comprehensive understanding of how learning strategies that improve learning outcomes need to be prepared from both the school and the teaching teacher (Perdamenta et al., 2021).

The many obstacles experienced during the online learning process demand the competence of teachers in creating active and creative learning strategies through the use of media and technology. The activities of teachers and students in the learning process describe the teaching methods used by teachers in delivering learning materials, this is because good learning activities are activities that provide opportunities for students to be active (Dwijayanti & Sari, 2020). In the implementation of online learning, teachers must also be able to organize learning materials with an online learning system so that learning concepts can be conveyed properly. This online learning process can be done by utilizing a combination of various types of learning resources related to learning materials (Jannah et al., 2020).

Physical education does not only focus on the physical skills of students but also focuses on honing the affective and cognitive domains, students are taught to be able to instill the values of discipline, responsibility, sportsmanship and values that are included in their affective and cognitive domains (Padallingan, 2022).). The complexity of Physical Education education in schools requires teachers to be able to determine the best strategy in managing the online learning process. This is so that the achievement of learning objectives can run optimally. In the implementation of the presentation of the learning process, the teacher chooses a learning model that is in accordance with the level of maturity, strength, concentration, growth and development of students, this is because the role of professional teachers plays a very important role in its implementation (Jumadi et al., 2021).

Implementation of learning as a situation where every student or teacher must be able to make teaching strategies and provide opportunities for students to carry out learning activities actively and professionally, this is interpreted as learning as a way to make students learn (Septian & Nopiyanto, 2020). Online learning strategies, especially in physical education subjects at Solok Selatan High School, are considered unsuccessful in achieving the target, it is evidenced by several videos of students who do not match the movement with the learning module. According to Patricia Aguilera-Hermida, (2020), In general, everyone has a limited capacity to process information. This happens because there are so many obstacles that students get when doing assignments in the form of videos such as storage capacity, facilities, quotas and networks, and these obstacles make them sometimes unable to contain their emotions and tend to choose to hang around at home, and finally make their achievements in the field. decreased exercise. The importance of emotional intelligence as a set of personal, emotional, and social abilities that can affect a person's ability to succeed (Wijoyo et al., 2021), this is because during the lockdown period these abilities can withstand the negative impacts of the pandemic (Dennis et al., 2022). Emotional intelligence also allows individuals to feel and understand correctly, use emotional power and sensitivity as information energy and influence learning outcomes, especially in physical education learning.

Physical education in this COVID-19 pandemic situation really needs the ability of teachers to be able to carry out the teaching and learning process without having to interact physically in the field. This situation is one of the factors that hinders the development of student sports education in terms of practicing directly with the teacher as a teacher, this problem also hinders teacher assessment in reviewing students' cognitive development in physical education learning and other obstacles along with the Covid 19 pandemic which requires us to to maintain distance in carrying out daily activities. Almost all students are worried about the impact of online learning (Andel et al., 2020), this opinion illustrates the results of this study that from a sample of 50 people covering science and social studies majors 39.2% said that online learning strategies in physical education subjects made them more creative and active and 60.8% said no. According to Dey et al. (2021), when students learn there is a relationship between themselves and the subjects they are studying. There are things or experiences that must be discovered by students through their learning activities, so that with this online learning it will be difficult for students to explore the subject matter they are learning.

The purpose of this research was to examine how much influence online learning has on students' self-control in physical education subjects. Because from several online meetings, many students have difficulty imitating movements, and some of them have good self-control, so they can imitate movements according to the learning module procedures, even though the movements are not as perfect as when getting guidance from physical education teachers. Then the right question for this type of research is, Will this online learning strategy have a negative impact on self-control?

RESEARCH METHOD
Research Design
This study uses qualitative research methods, where this research collects information and data using the Google-Form link and is dominated by the distribution of questionnaires. Qualitative research as an approach or search effort to explore and understand an object of research. With this method, researchers hope to be able to find out and explore information about the impact on students' self-control in physical education lessons during a pandemic.

Population and Sample
The population that became the object of the study were all students of Solok Selatan High School class 12 majoring in science and social studies, where these two majors were divided into two classes for science and three classes for social studies. The total number of these two majors is 112 students. Then the researchers took samples from each department as many as 25 people with random gender. So the total sample is 50 people.

Research Time
This research was carried out in stages over a period of 3 days, due to the implementation of social distancing, and currently preparing for the distribution of test report cards. In order to obtain complete documentation and data, the researchers went directly to the field or surveyed the place where the virtual physical education assignment was made. The research was carried out on Thursday, December 17 to Saturday, December 19, 2021 at 11.23 AM until finished.

Procedure
While in the field (School) the researcher distributed questionnaires to students, who then explained the filling system of the questionnaire. On the next day, each class leader was guided by the researcher on how to fill out the google form link, where the researcher collaborated with each class leader, then the chairman gave instructions to his members regarding the ways and conditions of filling out this google form link. Finally, for taking the questionnaire, the researcher has asked the BK teacher's permission to help collect the completed questionnaire.

Data Analysis
In conducting this research, we use descriptive data analysis, where the Likert scale acts as a medium in the data source. Descriptive analysis is an activity to summarize data with simple summary statistics, frequency tables, or graphs; thus (Kersey & Yin, 2020). The Likert method is usually used as a standard psychometric scale to measure

response. This Likert scale has an efficient procedure for survey research and data analysis (Li, 2013). We measure the response with several statements that have been provided, including choices or obsessions.

RESULTS AND DISCUSSION
Learning Strategies
Learning strategy is a form of way that is done by individuals or groups to understand the learning material. Recently, the world has been terrorized by a virus that has attacked the whole world, and requires all students to stay at home. In general, online learning strategies make students emotional, stressed, and passive during the learning process. So the researcher hypothesizes that online learning strategies do not have a sustainable positive impact. Online learning strategies based on literacy will have a positive impact if they are matched by good disciplines (Løkse et al., 2017). So for the time being, literacy learning is the right strategy during this pandemic.

The strategies that are usually used by teachers during online learning according to Dey et al. (2021) include learning planning, providing learning tools, integrating the learning process with learning experiences that have been done and through the use of technology to support the learning process. In addition to the discipline of teachers in online teaching, it is also a factor in the success of online learning strategies. Not only teachers have strategies in the online learning process, but the role of parents also plays an important role in carrying out online learning during this pandemic by facilitating/buying students smartphones for learning media so that students are motivated and do not feel lazy in participating in the online learning process (Nurrohim, 2020). Good cooperation between teachers and parents at home can be the key to the success of the physical education learning process during a pandemic.

Table 1. Students' understanding of movement material online.

	Frequency		Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	6	12.0	12.0	12.0
	Don't agree	18	36.0	36.0	48.0
	Just Agree	8	16.0	16.0	64.0
	Agree	12	24.0	24.0	88.0
	Strongly agree	6	24.0	12.0	100.0
	Total	**50**	**100.0**	**100.0**	

Table 2. The level of student activity during online learning.

	Frequency		Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	2	4.0	4.0	4.0
	Don't agree	8	16.0	16.0	20.0
	Just Agree	5	10.0	10.0	30.0
	Agree	15	30.0	30.0	60.0
	Strongly agree	20	40.0	40.0	100.0
	Total	**50**	**100.0**	**100.0**	

Then we conducted research on the types of learning strategies expected by 6th senior high school students. Next, we took several specific types of questions from the questionnaire that had been filled out by respondents regarding the problems of physical education learning strategy in this online era. There are at least two questions,

namely, questions at points three and four. Question three contains statements in the form of, "More understand movement material through virtual face-to-face", and statement four, "Online learning makes students passive". For statements three and four, we conclude that these students from 6th senior high school cannot understand movement via zoom or without guidance, we can see from the column above the scores of people who gave the obsession "Don't agree" were 18 people, and this is the maximum number of other answers. Then the students felt that during the learning (penjas) took place, all students became passive, this can also be seen from the 20 people who chose the obsession, "Strongly agree".

The Effect of Online Physical Education Learning System
Online learning is carried out using various technologies in an open, flexible, and distributed learning environment, in other words the term open and flexible learning refers to the freedom of students in terms of time, place, speed, content of material, learning style, type of evaluation, collaborative learning or learning. independently (Sudarsono, 2021). According to Aguilera-Hermida (2020), online learning has a positive impact and provides benefits for the perpetrators. In general, this online learning strategy increases their self-control, such as not being consumptive in time, money and making them creative in learning. Because their pocket money is used to buy learning equipment, so their money is not wasted.

Table 3. The effect of online physical education learning system.

	Frequency		Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	23	46.0	46.0	46.0
	Don't agree	21	42.0	42.0	88.0
	Just Agree	4	8.0	8.0	96.0
	Agree	1	2.0	2.0	98.0
	Strongly agree	1	2.0	2.0	100.0
	Total	**50**	**100.0**	**100.0**	

From the Table 3, the researcher can see that the self-control of 6th senior high school students is very good, we can see this from statement 24, "When there is an assignment, I prefer to play games first, then do the assignment". And from 50 respondents 23 people said "Strongly Disagree". This proves that the students of 6th senior high school already have a good foundation of self-control.

Table 4. Level of ease when learning physical education online.

	Frequency		Percent	Valid Percent	Cumulative Percent
Valid	Strongly Disagree	7	14.0	14.0	14.0
	Don't agree	12	24.0	24.0	38.0
	Just Agree	12	24.0	24.0	62.0
	Agree	10	20.0	20.0	62.0
	Strongly agree	9	18.0	18.0	100.0
	Total	**50**	**100.0**	**100.0**	

Online education has an unfavorable impact on the physical appearance of students (Aguilera-Hermida, 2020). For this, the development and evaluation of innovative interventions to meet the specific needs of students is very important to do with the aim

of increasing students' learning motivation (Goncalves et al., 2022). In getting the results from statement no 2 (Table 3), with a maximum number of 12 students who chose the options, "Don't agree" and "Just Agree". The statement was in the form of, "In physical education lessons during the pandemic, I tend to be mentally and physically healthy". These results prove that there are some students who experience difficulties and injuries when making this online physical education assignment.

Attitude, Self-Control, and Drive

The enthusiastic attitude of teachers to students is needed to create an effective online learning system, such as holding a meeting once a month to guide students in doing assignments. Attitudes that arise from individuals are a form of response from someone who has a positive or negative attitude towards him (Botero et al., 2018). With a positive attitude, the results will be positive as well. At Solok Selatan High School itself, the enthusiastic attitude of the teacher can be said to be enough to build the enthusiasm of the students. On the other hand, if the attitude of the teacher only gives assignments and instructs them to fill in the absences through their gadgets, students tend to prefer playing social media and games. Another consideration is the user's influence on the learning experience. The effect of using technology such as playing gadgets will make users happy and satisfied, but it will have a bad impact on their emotional soul (Aguilera-Hermida, 2020).

Uncontrolled emotions will hinder the learning process of students (Park, 2016). With a weak level of self-control, students can become consumptive and passive when learning takes place. Self-control strategies are most likely to be associated with off-task thoughts or behaviors. For example, selecting and modifying appropriate learning situations can reduce distractions and barriers to learning (Moon et al., 2020). If you want to improve the learning process in depth, you need a comfortable place and have adequate facilities for developing student skills (Seel, 2006). So it is important for students to choose a situation for making assignments, whether in a cool place or a crowded place, so that self-control is maintained properly during online learning, and also does not have to depend on the teacher's enthusiasm to start assignments with enthusiasm, but students will change it.

Constraints In Online Learning Strategies

Many obstacles are often encountered in online learning, especially the most basic is gadgets, where students at 6th senior high school Solok-Selatan basically have gadgets with insufficient storage capacity, so it is not possible to make assignments in the form of videos continuously. Of the several questionnaires that have been distributed, the answer that is often and most frequently encountered is "Full storage". So this is a fundamental problem, why students can't contain their lust to act criminally, because online learning is indeed required to have a capable gadget. Talking about internet packages, students have received assistance from the government, such as for 20GB Early Childhood Education, 35GB for Middle and High Schools, and 50GB for students and lecturers.

Good learning preparation by maximizing existing learning facilities will greatly determine the quality of the learning carried out. This shows that the teacher is able to understand the character of students in physical education learning, the better the preparation for physical education learning, the higher the student's interest in learning

(Suriadi et al., 2021). Learning strategies are expected to make students feel more effective in their virtual learning, resulting in higher learning satisfaction and achievement (Thi et al., 2021). Almost all students revealed that online learning made them stressed and had difficulty in doing assignments (Aguilera-Hermida, 2020). In addition to gadgets and other technology problems, another student obstacle is the portion of tasks that sometimes exceed the student's ability limit, for example in physical education lessons, in addition to summarizing two chapters, they also have to make assignments in the form of videos about movements that are still foreign to the eyes. learners.

So that this becomes a separate homework for educators to create and manage tasks given to students. When viewed from the researcher's point of view, we found a problem that needs attention from physical education teachers, namely, some students sometimes when making practice videos, they experience injuries starting from the mildest (sprain) to the most severe (broken bones in the hands and feet).

Student Perspective

Practical learning, which is carried out in a systematic and coordinated manner, is a powerful and easy-to-understand learning for students (Løkse et al., 2017). This statement is an answer that represents many students who want learning to be done face-to-face. As in Physical Education subjects, many students said that physical education subjects could not only be based on material, but there was a need for practice so that the meaning of physical education learning could be conveyed properly and correctly. This is because the eyes of physical education without a field practice then the results of the learning process cannot be said to be the result of the learning process. During the online learning process, communication between teachers and students is very important as an effort to be active and creative during the learning process.

This online learning is an innovation from education to answer the challenge of the availability of varied learning resources (Purnamaningsih, 2021). However, this must be in line with the competence of a physical education teacher who must be ready to adapt through online learning. This is because Physical Education teachers as an integral part of other subject teachers, have professional responsibilities as well as moral responsibility in preparing the nation's young generation who are intellectually-minded, have character, and are capable of being strong teachers in carrying out professionalism during the COVID-19 pandemic. -19 (Yudaparmita & Adnyana, 2020).

Good communication between teachers and students in schools has an impact on the motivation to teach teachers in schools. The role of students in the school climate directly plays an important role for teachers in shaping their teaching motivation (Ratnawati et al., 2021). Learning motivation is specifically relevant and cannot be separated from any learning strategy. Students really need motivation from the teacher and family, friends, and group colleagues. Motivated students will have good self-control and are judged to be able to achieve their goals (Kemp et al., 2019). Learning motivation is needed by students as a reference so that the learning process is not passive to the given task and is more concerned in making assignments that are in accordance with the criteria in the learning guide, meaning that the assignments are not made carelessly.

CONCLUSIONS

From the results of research and data analysis, we found that the self-control strategy needed by students is the enthusiasm and motivation of physical education teachers. So that students are not bored and bored during the process of making assignments. Then the results of this study indicate that when online learning takes place, students tend to be passive and bored. However, we also found that students had good self-control even though the results of their assignments did not meet the learning modules, such as being respectful to the teacher and to their groupmates. In future research, we hope to make a strategy for self-mastery as an evaluation of learning in sports education subjects in order to improve student learning outcomes during online learning.

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*Eko Purnomo (Corresponding Author)
Department of Sport Coaching,
Universitas Negeri Padang,
Jalan Prof. Dr. Hamka, Air Tawar Padang, West Sumatera, 25131, Indonesia
Email: ekopurnomo@fik.unp.ac.id

Firunika Intan Cahyani
Kiddy Land Gym and Pre-School,
Jl.Batang Asahan No.7, Komp Gor H. Agus Salim, West Sumatera, 25121, Indonesia
Email: intanfirunika13@gmail.com

Nina Jermaina
Departement of Physical Education, School of Post Graduates.
Universitas Pendidikan Indonesia,
Jl. Dr. Setiabudhi No. 229 Bandung, West Java 40154, Indonesia
Email: ninajermaina@upi.edu

Donie
Department of Sport Coaching,
Universitas Negeri Padang,
Jalan Prof. Dr. Hamka, Air Tawar Padang, West Sumatera, 25131, Indonesia
Email: donie17@fik.unp.ac.id

Eddy Marheni
Department of Sport Coaching,
Universitas Negeri Padang,
Jalan Prof. Dr. Hamka, Air Tawar Padang, West Sumatera, 25131, Indonesia
Email: eddymarheni@fik.unp.ac.id

Martio Mairifendi
Department of Sport Coaching,
Universitas Negeri Padang,
Jalan Prof. Dr. Hamka, Air Tawar Padang, West Sumatera, 25131, Indonesia
Email: martio.mairifendi@gmail.com

Rizki Fitri Rahima Uulaa
Graduate Institute of Digital Learning and Education
National Taiwan University of Science and Technology
No. 43號, Section 4, Keelung Rd, Da'an District, Taipei City, 106, Taiwan
Email: rizki.arizki@gmail.com