



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

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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 (Nurrohm, 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

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