

Physical Education Learning Management In Fostering Students' Kinesthetic Intelligence

Achmad Pahrul Rodji^{1*}, Im Wasliman², Hendi Suhendraya Muchtar³, Nandang Koswara⁴

^{1,2,3,4}Nusantara Islamic University, West Java Indonesia

* Corresponding author:

E-mail:achmadpahrul.r@gmail.com

Abstract

Kinesthetic-based physical education learning has a great opportunity to develop multiple intelligences in students at school. Through physical education carried out in schools, it can be used as a tool to help students improve motor skills, health, fitness, character building, personality, discipline and inculcating the values of honesty, cooperation and responsibility. Currently, the reality of teachers in the field does not understand the role of physical education in the educational process, most teachers argue that sport is only for maintaining health and has not yet reached the role of physical education in supporting the development of children's intelligence. The purpose of this study was to see how far the implementation of physical education in improving kinesthetic intelligence in Madrasah Ibtidaiyah (MI) Al-Firdaus and MI Yanuri through a management approach. Specifically, this study describes the principles of management theory, including: (1) planning, (2) organizing, (3) implementing, and (4) evaluating physical education and its relationship with kinesthetic intelligence using management theory from GR Terry and Howard Gardner's theory of kinesthetic intelligence. This study uses a descriptive method with a qualitative approach and data collection by conducting observations, interviews, and documentation studies.

Keywords: Physical Education, Kinesthetic Intelligence and management

I. INTRODUCTION

Education at Madrasah Ibtidaiyah (MI) is a formal education held in an effort to help lay the foundation for development in all aspects before entering junior high school. MI age is a sensitive age to receive stimuli and is very decisive for the development of children in the future. Implementation of lessons in elementary schools is no exception at MI can not be separated from the curriculum reference. One of the objectives of the curriculum at MI is to support children's growth and development including the development of multiple intelligences which include language, logic-mathematics, spatial, physical-motor, musical, interpersonal, intrapersonal and naturalistic. Gardner, H (1993:48) states "The theory of multiple intelligences which consists of linguistic intelligence, logical mathematical intelligence, visual spatial intelligence, musical intelligence, kinesthetic intelligence, interpersonal intelligence, intrapersonal intelligence and naturalist intelligence". [1] As explained in Law Number 20 of 2003 concerning the National Education System Chapter 1 Article 1 paragraph 14, Early childhood education is an effort to provide stimulation to children from the age of birth to the age of six to help the growth and development of the child's physical and spiritual so that children have physical and psychological readiness to receive learning at a higher level of education. [2] This is reinforced by the 1945 Constitution Article 31 paragraph 1 which states: "Every citizen has the right to receive instruction". [3] The above law implies that all citizens have the right to receive education from birth until whenever. Early childhood education must be prepared in a planned manner in order to develop various aspects of development that include aspects of moral and religious values, physical motoric, cognitive, language, social emotional and artistic.

These six aspects of development will develop optimally if the stimulation is appropriate to the child's stage of growth and development. The development of multiple intelligences in children as early as possible needs to be done. Multiple intelligences are complex body abilities and are needed in various aspects of life in the future. Many efforts have been made by parents so that their children can be smart so that they can be proud in the future, and so is the world of education, including physical education in schools. The learning process in physical education in schools uses a lot of physical activities carried out both in closed and open rooms. According to Gardner, H (2011: 218) states that: "Kinesthetic intelligence or physical intelligence is the ability to use the whole body and its components to solve a problem, make something, or use several kinds of products, and coordinate body and mind to perfect physical appearance." [4] Kinesthetic is physical intelligence. Physical intelligence is the ability to use both the mind and body

simultaneously to achieve any desired goal. Kinesthetic intelligence enables humans to establish important connections between mind and body, thereby enabling the body to manipulate objects and create movement. This intelligence includes talent in controlling body movements and skills in handling objects. Kinesthetic-based physical education is one of the choices in the learning process, because the movement process requires coordination of the nervous and muscle systems as well as motion controllers so that they are able to display beauty and communicate messages through the beauty of motion. Kinesthetic intelligence includes elements of physical skills such as: coordination, agility, strength, flexibility, balance, endurance and power. In human physiology, kinesthetic (kinesthesia) means the sense of motion which is part of the movement of bones through joints. Children who have high kinesthetic intelligence will be able to integrate coordination between nerves and muscles simultaneously to achieve one goal. Neurodevelopment as a central regulator and basis of one's intelligence, is no exception for multiple intelligences.

One management model that can be used for the implementation of physical education in fostering the kinesthetic intelligence of students at Madrasah Ibtidaiyah includes, "Planning, Organizing, Actuating, Controlling (POAC) thus a systematic process is needed in the form of Management". :9) [5] Therefore, efforts to improve the quality of physical education in the future need physical education teachers to understand the concept of multiple intelligences, in order to carry out their profession well, physical education itself has a unique character, which uses the body as a tool for learning. Teaching and learning activities in physical education lessons are very different in their implementation from learning other subjects. Physical education is education through physical activity. By participating in physical activity, students can master skills and knowledge, develop aesthetic appreciation, develop genetic skills and positive attitude values, and improve physical condition to achieve educational goals."Based on the background of the problem above, in general this study aims to see the extent to which the implementation of physical education in improving the kinesthetic intelligence of students at Madrasah Ibtidaiyyah (MI) Al-Firdaus and MI Yanuri through a management approach. In particular, this study describes the principles of management theory, including: (1) planning, (2) organizing, (3) implementing, and (4) evaluating physical education learning in improving students' kinesthetic intelligence.

II. METHODS

The research method used is descriptive qualitative, which describes or describes the situation in the field by photographing and presenting the data as it is and interpreting the correlation as an existing factor that applies including the point of view or the ongoing process.[6] The subjects in this study were the Principal, Class Teacher, Physical Education Teacher. The research locations are Madrasah Ibtidaiyyah (MI) Al-Firdaus and MI Yanuri. The research subjects in the two schools were principals, classroom teachers, and physical education teachers. Collecting data by conducting observations, interviews, and documentation studies with purposive sampling data collection techniques and validation of research results.

III. RESULTS AND DISCUSSION

Learning management Physical education in improving the kinesthetic intelligence of students cannot be separated from the principles and functions of management that must be carried out systematically in two Madrasah Ibtidaiyyah (MI) Al-Firdaus and MI Yanuri Bandung. With the description as follows:



Fig 1.Diagram of the Management Functions of Physical Education Learning Management in Fostering Kinesthetic Intelligence to increase the independence of students

Planning (Plan): Management of physical education learning in fostering kinesthetic intelligence to increase the independence of students. Terry, G (in Sukarna, 2011:10) defines that: 'Planning is the selection and linking of facts and the making and use of assumptions for the future by describing and formulating the activities needed to achieve the expected results. 7]. Physical education taught in schools has a very important role, namely providing opportunities for students to be directly involved in various learning experiences through selected physical, sports, and health activities carried out systematically. However, a deep and thorough understanding of the concept alone is not enough to be able to teach physical education effectively. Teachers must also understand learning methods. There are several learning methods that must be carried out in the management of physical education learning in fostering kinesthetic intelligence to increase the independence of students. The method applied at MI Al Firdaus and MI Yanuri is the Student Activity-Based Learning (PBAS) method, namely student activities optimally to obtain learning outcomes in the form of a balanced combination of cognitive, affective and psychomotor aspects.

As well as the method (Learning Approach), which is a plan or pattern that can be used to design teaching patterns face-to-face in the classroom or arrange tutorials to determine learning materials or devices. The method applied at MI Al Firdaus and MI Yanuri is the Student Activity-Based Learning (PBAS) method, namely student activities optimally to obtain learning outcomes in the form of a balanced combination of cognitive, affective and psychomotor aspects. As well as the method (Learning Approach), which is a plan or pattern that can be used to design teaching patterns face-to-face in the classroom or arrange tutorials to determine learning materials or devices. The method applied at MI Al Firdaus and MI Yanuri is the Student Activity-Based Learning (PBAS) method, namely student activities optimally to obtain learning outcomes in the form of a balanced combination of cognitive, affective and psychomotor aspects. As well as the method (Learning Approach), which is a plan or pattern that can be used to design teaching patterns face-to-face in the classroom or arrange tutorials to determine learning materials or devices. This planning is carried out in two schools in implementing physical education learning in fostering kinesthetic intelligence at MI Al Firdaus and MI Yanuri, starting with preparing a learning plan to make a syllabus, RPP (Learning Implementation Plan), RPH (Daily Learning Plan), supporting media learning, as well as preparing the conditions of students. Referring to the learning planning process that has been carried out at MI Al Firdaus and MI Yanuri, it begins with a Learning Implementation Plan (RPP) containing arrangements relating to estimates or projections of what will be done during teaching and learning activities. In planning lessons,

Organizing Physical Education Learning Management in Fostering Kinesthetic Intelligence to increase the independence of students. Organizing Physical Education learning is an activity of determining, grouping, and compiling learning activities to achieve goals. As According to Sudjana (2005:105) that: "Organizing is an activity to serve the process of activities by placing people who have the ability to achieve goals"[8]. Organizing physical education learning is an activity of determining, classifying, and compiling learning activities to achieve goals by placing people, providing infrastructure as needed in carrying out tasks. The curriculum that is developed and organized in physical education subjects has tutors or subject teachers who have relevant competency standards or competencies to be able to carry out teaching and learning activities through the syllabus and lesson plans developed by the teachers.

The right model, method, or learning technique for students, of course, depends on the competence of the teachers in designing and organizing subject matter into the learning stages in the syllabus and lesson plans as well as the teaching materials used to support the enrichment of the learning process. This organization is carried out at MI Al Firdaus and MI Yanuri in implementing physical education learning in fostering kinesthetic intelligence, namely before teaching the teacher prepares learning tools through a curriculum that contains core Competency Standards and Basic Competencies. Physical education teachers must master the knowledge, skills, and attitudes that must be mastered by students, as well as the level of mastery that is expected to be achieved during physical education learning. Basic Competencies are basic demands on the knowledge, skills, and attitudes that are demonstrated, displayed or shown by students as learning outcomes. While in the scope of physical education are all activities carried out with the aim of developing physical, movement,

Implementation (Actuating) Physical Education Learning Management in Fostering Kinesthetic Intelligence to increase the independence of students. According to Yuan, D, (2010:2), what is meant by: "Learning method is a way to achieve learning goals that are expected to be achieved by students in learning activities"[9]. Implementation in management is the implementation process of planning and organizing in the form of real action from elements of organizational resources. Implementation can set all groups to desire earnestly to achieve the goals according to the leadership's planning and organizing efforts. Activities of educational institutions are learning activities or teaching and learning activities with a predetermined and organized plan, which is a standard process for school activities in carrying out the teaching and learning process, in which all school resources carry out activities and are utilized to achieve the learning objectives that have been set.

The implementation of learning is the implementation of the lesson plans that have been planned by the teacher including (1) preliminary activities, namely activities before the subject matter is delivered, (2) core activities, namely the ongoing learning process according to the models, methods, media, and learning resources used according to the characteristics of students and subjects, as well as the formation of competence attitudes, knowledge and skills of students, (3) closing activities, the teacher and students both individually and in groups conduct reflection to evaluate. It is the implementation of physical education learning that is trying to be carried out optimally at MI Al Firdaus and MI Yanuri. By looking at the important thing in its implementation, everyone is involved and feels motivated to do something if:

Evaluation (Evaluating) Physical Education Learning Management in Fostering Kinesthetic Intelligence to increase the independence of students. As explained by Wayan Nurkencana and Sumartana, PPN (1986:8) that: "A teacher who teaches a certain subject will conduct an evaluation of aspects of learning outcomes such as specified in the curriculum, manuals or certain goals that must be achieved in the subjects being taught"[10]. Evaluation is a process of assessing the implementation of activities in learning according to those specified in the learning planning program. Thus, it can be said that evaluating means assessing student learning outcomes. In terms of evaluation activities, it contains a broader understanding wherein evaluation requires a more precise instrument to collect data or information as well as a longer time in its implementation. as explained by Arifin (1991:5) The evaluation activity aims to determine: "(1) To what extent students master the material that has been given, (2) To what extent are the abilities, tenacity and ability of students towards the subject matter, (3) What is the level of progress students are in accordance with the level of progress according to the work program, This evaluation of physical education learning is carried out at MI Al Firdaus and MI Yanuri, by conducting a process assessment to assess the quality of learning as well as internalizing the character and formation of student competencies, including how learning objectives are realized. In this case, the process assessment is carried out to assess the activity, creativity, and involvement of students in learning, especially mental, emotional, and social involvement in the formation of competence and character of students.

IV. CONCLUSION

By implementing physical education learning objectives through the vision, mission of the institution, programs, structures, strategies, supporting facilities and infrastructure as well as collaborative collaboration between institutions, educators, education staff and parents of MI Al Firdaus and MI Yanuri in Fostering Kinesthetic Intelligence to increase the independence of students through a management principles approach, it is carried out in a systematic, measurable and planned manner so that the objectives of the implementation of physical education learning can be achieved. In implementing the management results, it can be described as follows: Planning and organizing is a very important initial stage of learning physical education in fostering kinesthetic intelligence to increase student independence as a determinant of the success of implementing physical education learning for students. Then, with the results of the implementation of the learning, an evaluation is carried out so that the learning objectives can be achieved. In its implementation, the principles and functions of management have been carried out quite well and systematically, but have not been fully supported by the teacher so that the process and implementation of

physical education learning management in fostering the kinesthetic intelligence of students is still centered on the physical education teacher.

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