

The Influence of Reciprocal Style on Hockey Playing Skills and Self-Confidence in Hockey Learning at Nurul Islam vocation school, Cianjur

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Abstract: The purpose of this study was to determine whether the application of reciprocal style has an effect on students' playing skills and self-confidence in hockey learning at Nurul Islam Vocational School, Cianjur. The research method used an experimental method with a One Group Pretest-Posttest Design research design. The population in this study were all students at Nurul Islam Vocational School, Cianjur. The sampling technique used was simple random sampling, namely taking a random sample of 30 students. The data collection tool used in this study was the Game Performance Assessment Instrument (GPAI) for playing skills and a questionnaire for self-confidence. The calculation results obtained t count = 2.865 for GPAI and t count = 2.796 for self-confidence and t table = 1.697, then $2.865 > 1.697$ for GPAI and $2.796 > 1.697$ for self-confidence then the alternative hypothesis (H_1) is accepted. Conclusion Reciprocal style has a significant effect on students' playing skills and self-confidence in hockey learning at Nurul Islam Vocational School, Cianjur.

Keywords: Reciprocal Style, Hockey Skills, Self-Confidence

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INTRODUCTION

Education is a learning experience someone does to improve ability, knowledge, understanding or true skills. Education can be received through formal and non-formal institutions. Every citizen has the right to receive good and quality education provided by the government. Because education is believed to be a chain breaker. Fighting and alleviating poverty. The spring quality of male violence in the country. real education must change someone who is already an adult, of course not only in ability but some must be made around my knowledge and life goals, but basically education gives an extraordinary experience, experience. This is the process of maturation of the Constitution of the National Education System Number 20 of 2003 Article 3 regulates that National Training is aimed at developing Skills and forms of character as well as a decent national civilization Within the shining frame of National Life, objectively For the Development of

Performance, Participants are educated to become believers and devout For the sake of God Almighty, have morals have noble character, be healthy, knowledgeable, capable, creative, independent and be a democratic and responsible citizen. This task is of course very noble and also full of difficulties. Remember the challenges of the future of Education Participants and a Developing Nation It is not possible to predict its existence, therefore teachers are obliged to continuously improve their quality as professional teachers. One part of the educational process is of course formal and informal. The formal category is education at school. Education at school is divided into school, extra-curricular and extra-curricular education. This is what the author will discuss this time. It is intracurricular , of course about the lessons at school. Studying at school is divided into a number of one of these topics This is physical education class .

According to the Ministry of Education and Culture (2014), education is physical exercise and health is the subject of teaching students to know about physical movement in exercise as well as health factors that can influence them, the skill of physical movement in exercise and take care of your health. also necessary behavior in Exercise and take care of yourself Health as something so everything is combined educated Education participants are aware of physical physical health, conscious Exercise and be careful Health. Okay with that opinion then the goal of comprehensive physical training is that the three kingdoms are the cognitive, affective and psychomotor kingdoms, maybe he understands.

Physical education is a means for this to develop motor skills, physical skills, knowledge, reasoning, appreciation of values (mental, emotional, spiritual and social attitudes) and healthy lifestyle habits to stimulate growth as well as balanced development. With physical training, students are determined to receive some narrow expressions of connection with pleasant personality impressions as well as some creative, innovative, skilled and possessive expressions of physical health, healthy living habits and have to know as well as Understand Human Movement. Physical training is an important component in the education curriculum with the meaning of developing students' psychomotor, cognitive and affective aspects (Setya Mustafa, 2021). Physical education is an educational discipline that is oriented towards physical development and fitness as well as student acquisition of motor skills and knowledge around physical activity(Aasland et al., 2017). Not only is physical education an important part of a man's life of course, but exercising may improve a person's body type and physical fitness (muhardi, 2016). The success of the physical movement activities of the participants in educating further determination is high. Yes, it is made in line with the theory of learning. Movement around three stages: (1) Cognition, (2) Association, (3) Automation, then presentation of subject material. Physical training must be made OK. Machine learning stages . Move as a physical activity becomes a basis for Men To learn knowledge of course around you and yourself

and then myself Learning materials in Physical training are designed For the whetstone of competence Knowledge and ability to exercise .

Physical education is of course different from sports, physical education is very possible to develop several performances, not only in the performance of CORRECT sports skills but also many aspects that can be carried out from the activities of physicists in physical education classes in everyday life. Just like sports activities, body structure and games in physical education lessons should only be tools for achieving educational goals and not as important goals. However, this wrong idea has many correct understandings regarding infidelity. But basically physical education. able to develop other broad aspects, especially to achieve educational goals in Indonesia.

Important aspects Physical Training Target Performance In the kingdom Psychomotor skills are one of them. Is developing and maintaining physical health through physical activity. With the So level, maintain good physical condition Determination how much more is also a good activity the movements carried out . Through physical training, participants are educated to find the right channels to move freely in the growth phase. Study of Movement skills is a series of learning processes to make movements however systematic, targeted and planned. In movement activities, participants educate defendants to be able to perform movement skills, one of the good movement tasks with basic competencies, of course to achieve learning targets.

Related to the training targets, through physical exercise and health training, it is hoped that it will be possible to increase cognitive, affective and psychomotor growth and development for each educational participant. Related to the training targets, through physical exercise and health training, it is hoped that it will be possible to increase cognitive, affective and psychomotor growth and development for each educational participant. Following the Constitution of the Republic of Indonesia Number 3 of 2005 Article 1 regarding the National Sports System (SKN), Sports Training is physical activity and sports training as part of a regular and continuous educational process to obtain knowledge, personality, skills, health and physical condition. In connection with this information, physical training in sports and health is a part that cannot be separated from training. So in general, physical training in sports and health is an obligatory subject that must be taken during the learning process at each school level in Indonesia.

Physical Education contains character values contained in it. Learning includes honesty, sportsmanship, courage, responsibility, abstaining. Dedication, collaboration, trust. Applying yourself and respecting others. In physical activity, not in games. The tendency for character training to emerge in PE from the tradition of educators in transporting early learning leaders meets and warns one of the rapists in the learning process (Mulyana & Suherman, 2017). Where physical and athletic activities may form a good and responsible

personality(Irianto et al., 2021). Stated that physical training, sports and health provide motivation for participants to educate in carrying out educational programs physical requirements. the performance of physical education and physical education teacher training contributes to the development of good morals and behavior which may be realized by maintaining physical health and healthy lifestyle patterns(Rihatno et al., 2019). Physical training is not a supplementary subject, but rather an asset of national hope that is able to optimize the development of the nation through the role of teachers instilling character in learning physical training(Suherman et al., 2019).

Physical training has different roles, one of which is through physical activity as part of the court to receive the results of the learning process. Learning activities in training are basically physical and oriented towards the teaching and learning process. as an effort to physically receive literature for educational participants to physically achieve training targets(Abduljabar, 2014). Necessary to increase movement activities when PE learning activities take place, so that it is possible to achieve the feasibility of daily physical activity for children (Kirkham-King et al., 2017). the level of physical activity in the good category should be increased so that it is easier for students to concentrate in learning physical education, sports and health. Physical activity must be increased in the good category(Irianto et al., 2021). This makes it easier for students to focus on studying activities. Therefore, complete the movement activities in PE - learning about the priorities set to focus students on influencing fitness and health physically and mentally.

Learning process at school. Is something that shapes the activities in the teacher o The teacher and the participants educate one of the students, both of them are related to each other for the activity targets of the learning process in other words to create an effective learning atmosphere. Effective learning is a method for achieving educational goals, namely shining the life of the nation and developing the Indonesian nation as a whole. The opportunity to receive quality education is something that everyone hopes for now that you are following the educational process(Mega Prastyo et al., 2020).

Physical education is a unique education because it does not only cover the student's cognitive abilities, but also physically, in studying it becomes something that is very dominant, but of course in studying the physical aspects, of course it is very possible to develop aspects. others, especially in the affective aspect. About that Researcher Determined to specialize as a study in physical education classes, especially when studying hockey. Where is the happiness? It Is Studying in a big ball game, some students have excited about that game However, it is being played It.

Hockey is a sport a game that is being played between each of the two teams of players holding TO the floor folded , called sticks Move the ball hockey Is

to make as many Goals as possible To Goal against and protect your own results so that you do not he receives the ball. Who plays the game of hockey consists of Players and Goalkeepers. The game of hockey is played by men and women. The sport of hockey is almost the same game as football, but only carries the tools that form the floor. Hockey is a game played between two teams, each team using a hooked stick or stick to move the ball (Saputri , 2017). Men and women carry stocks (sticks) to move the ball. They have a target to place the ball. Target against. The biggest team . Put the ball Goal against the proverbial winner (Setya aji, 2015). Hockey is one of the sports performance branches. in performance The most influential success in hockey is the player's motivation as a basis. Because performance is hockey. which includes walking, jogging and running games that vary with and without the ball (Irawan & Setiawan, 2020).

Hockey is one of them. One team sport is played by two teams, and their winnings are calculated from the number of balls put into the target against each other. the sport of hockey has a number of important components such as physical conditions (speed, resistance performance, mobility and strength, explosiveness or power) and anthropometry (Konarski et al., 2009). Hockey Do I still play other very famous sports such as indoor football, soccer, volleyball and others. Of course, if students study hockey, it can be seen from observations and results from discussions with PE teachers at Nurul Islam Vocational School, how do they do it? students have difficulty believing in Being. that would be a problem Because of course Obtaining physical education is very important. Praise . One of them is NOT only in psychomotor skills but also in the affective aspect. Because of this, the author considers that there is a need for learning that is designed to cover these deficiencies. In physical education classes, of course, there are many approaches, methods and in-depth models created, of course, to design learning to be appropriate to the targets. Learning designs may provide experiences to students that adapt to learning goals. When you see that it's still like a teacher, someone does it. Studying no matter how conventional, of course there may be advantages, but further determination is good. Yes, learning is designed like that, that's the way to achieve your goals. About that, the author discusses Determination as a teaching style to design how to achieve his educational goals.

Reciprocal teaching style is increasingly emphasizing learning. The meaning of providing feedback between students as an integral part of the teaching and learning process. This method is characterized by the pract of four strategies including summarizing, questioning, clarifying and estimating. A reciprocal teaching style often includes students up to a certain point taking on the role of teacher, mentor, discussions and questions between colleagues (Schünemann et al., 2017) The reciprocal teaching style is an evolution of the closer training that has been carried out consistently, highlighting the enlargement of social ties between students and using smart feedback from fellow colleagues. Mutual benefit

style is a teaching style adopted from feedback theory. The reciprocal teaching style is one of the teaching styles that you can apply to emphasize students so that there are many assets for just learning and the teacher's role as moderator follows up every activity carried out by students in learning (Gani et al., 2020). The success of the learning process. NO However, from the method of one of the teacher's Didactic styles. With several levels of ability, the participants will hopefully make it clear that a teacher is using the appropriate teaching style (Suminta et al., 2021). The mutually beneficial style is part of the style spectrum. Basically, Moston emphasizes that students have more assets for learning and the teacher's role as moderator of the follow-up to every activity carried out by students in learning. interprets the reciprocal teaching method as a teaching method that shows social connections between friends and the conditions for providing responsive feedback (Zakiyah & Munawaroh, 2018). Responsibility and delivery of feedback are given to students so that the development of student creativity increases (Prihantoro & Hidayat, 2019).

Mutually beneficial style He has the characteristic of possibly activating students and teachers in every learning activity. Within the boundaries of the special style of reciprocal teaching gives students the opportunity to learn control skills more time and the opportunity to be evaluated by your partner more intensively as well as applying feedback theory o Feedback emphasizes students to work within a few clusters. By getting closer to the teaching style, students become more valuable in learning and gaining learning guidance, including in receiving longer and more intensive evaluation opportunities (Ermawan et al., n.d.). The reciprocal teaching style is one of the teaching styles that emphasizes students' further learning and the teacher's role as a moderator follows up on every activity carried out by students in learning. In accordance with the reciprocal teaching style, the class is organized and conditioned. In the roll of course (distributed in two groups), there are students playing the role of actors and there are students playing the role of observers of activities carried out in groups of actors, while the teacher plays the role of moderator. Cluster Students act like observers who observe the appearance/activities of your friends (perpetrator) by bringing the Observation Sheet prepared by the teacher, then the observer evaluates the View from his friend taking action as an Actor Concerning that Evaluation is made however alternatively. Through efforts to evaluate the activities of their friends acting as authors, it is hoped that students will play the role of observers and also know the correct implementation draft, because each student is determined to play the role of observer. Responsibility and delivery of feedback are given to complete students. The development of student creativity increases (Junaidi & Yudianta, 2016)

From the presentation in As the author was motivated to carry out KE research entitled " The Influence of Reciprocal Style on Hockey Playing Skills and Self-Confidence in Hockey Learning at Nurul Islam vocation school, Cianjur"

METHOD

Brought an experimental learning method with a One Group Pretest-Posttest Design. In the hockey lesson at Nurul Islam Vocational School, Cianjur, which means consisting of 30 students in class 10. It is held for 16 meetings where the first test is carried out forming proving Hockey playing skills and testing Self Confidence.

In moderation playing skills with GPAI (Gaming Performance Assessment Instrument), namely Proving the making of tactical decisions and execution of skills as a half To help teachers and coaches in observing and recording View players' skills when the game occurs . There are three components adopted there. Components of the GPAI instrument for the sport of hockey. They are decisions made (decision making), implementation Execution and Delivery of Support Skills (Support) .

In moderation Self-confidence Becomes it is by bringing a Questionnaire created by the author by bringing a like scale . His writing process brings self-confidence into being after Vealey (Hidayat, 2012), namely that it includes efficiency in the cognitive fields of physics and technology skills and resilience. After that, preparation of the instrument with preparation of the questionnaire network, preparation of detailed questions and a list of questions with validity and reliability tests from 48 articles proves that there are 27 articles that are declared valid. After the detailed proof, it is valid to prove reliability with the product moment correlation with a result of 0.89, tested with the chocolate lancer formula with a reliability result of 0.94.

regarding the investigation, after students were made to prove their initial results, they were given treatment by applying a reciprocal style in the implementation of extracurricular education for 16 meetings. After that, a final proof was made by bringing the same instruments as in the first test.

RESULTS

In carrying out this research, researchers took initial test data to determine the condition of students before being given treatment with the GPAI instrument for playing skills and a questionnaire instrument to measure self-confidence. After that, students were given treatment in the form of applying a reciprocal style or method in learning hockey at Nurul Islam Cianjur Vocational School. To be able to provide a general overview of the data obtained from the research results, the data was processed and analyzed. Data that has been processed and analyzed is then searched for the average value and standard deviation.

Table 1. Average and Standard Deviation Calculation Results

Variable	Pre Test		Post Test		Gains	
	\bar{X}	S	\bar{X}	S	\bar{X}	S
Playing Skills (GPAI)	1.382	0.475	1.929	0.466	0.547	0.009
Self-Confidence	99.93	0.316	107.37	5.83	7.43	1.487

Based on table 1, it can be seen that in the students' initial test the average playing skills result was 1.382 with the final test average being 1.929 with a difference or gain of 0.547. The standard deviation for students' playing skills in the initial test is 0.457 and the standard deviation for the final test is 0.466 with a gain or difference of 0.009.

For students' level of self-confidence, it can be seen that the average of the initial test is 99.938 and the average of the final test is 107.375 with a gain of 7.438 and the standard deviation of the initial test is 7.316 and the standard deviation of the final test is 5.830 with a gain or difference of 1.487.

Before data analysis is carried out, the requirements are first tested, namely: Normality Test and Homogeneity Test.

Normality test

This form of test is used to determine whether each variable to be analyzed or whether the data obtained is normally or not normally distributed. Researchers used analytical techniques using the Liliefors Normality Test. The results of calculating the data normality test are as follows:

Table 2. Normality Test Results

Variable		L ₀	L _{table}	Conclusion
Playing Skills (GPAI)	pre-test	0.134	0.161	Normal
	post test	0.151	0.161	Normal
Self-Confidence	pre-test	0.113	0.161	Normal
	post test	0.140	0.161	Normal

Information :

- If $L_0 > L_{table}$ Reject H_0 and H_1 Accepted, it means the data is not normally distributed
- If $L_0 \leq L_{table}$ Accepts H_0 and H_1 Rejects it means the data is normally distributed

Based on the table above, the results of the normality test can be seen that:

- Pre test Game skills (GPAI), $0.134 < 0.161$, because the calculated L is smaller than the table L, the data is normally distributed
- Post test Playing Skills (GPAI), $0.151 < 0.161$, because L count is smaller than L table, the data is normally distributed
- Pre test Self Confidence, $0.113 < 0.161$, because the calculated L is smaller than the table L, the data is normally distributed

- d. Post test Confidence, $0.140 < 0.161$, because the calculated L is smaller than the table L, the data is normally distributed

Homogeneity Test

Homogeneity testing aims to find out whether the variables in the study have homogeneous or heterogeneous variants. Following are the results of the homogeneity test in the table

Table 3. Homogeneity Results

Variable		Variance	F _{count}	F _{table}	Conclusion
Playing Skills (GPAI)	pre-test	0.226	1.038	1.860	Homogeneous
	post test	0.217			
Self-Confidence	pre-test	53.529	1.575	1.860	Homogeneous
	post test	33.983			

From the table above, it can be seen that the results of the calculation of Playing Skills (GPAI) obtained F count = 1.038 and F table = 1.860 from the F distribution list. Because $1.038 < 1.860$ then at a real level of 0.05 we accept that the null hypothesis (Ho) is accepted, meaning it is homogeneous and For the results of the self-confidence questionnaire, calculated F = 1.575 and F table = 1.860 from the F distribution list. Because $1.575 < 1.860$, at the real level of 0.050 we accept that the null hypothesis (Ho) is accepted, meaning it is homogeneous.

In this research the author will test the hypothesis for each variable, namely playing skills and self-confidence. Testing the significant increase in the results of applying the treatment, Testing the similarity of two averages (one party). Can illustrate whether the results of applying a reciprocal style can have an influence on hockey playing skills and self-confidence. Meanwhile, the conditions for testing the difference between two averages are that the data must be normally distributed and the variance homogeneous. Because the conditions for testing significance with the two-average test are met, the author uses the two-average t-test to test significance. The following is a table of test results of two averages (one party) for each variable.

Table 4. Significance Test Results

Variable	t-count	t-table	Conclusion
GPAI	2.865	1.697	Significant
Self-Confidence	2,796	1,697	Significant

From the results of testing the data in table 4.3, it was found that the t-count of the playing skill variable (2.865) was greater than the t-table (1.697). The test criteria are to accept Ho if $t < t\text{-table}$ which corresponds to the real level $\alpha = 0.05$ with $dk=29$. In this case the t-count is in the Ho rejection area, so Ho is rejected. So it was concluded that the application of a reciprocal style or method had an influence on hockey playing skills at Nurul Islam Vocational School, Cianjur.

Apart from that, in the table above we see data from the results of testing the self-confidence variable, it is found that the t-count (2.796) is greater than the

t-table (1.697). The test criteria are to accept H_0 if $t < t_{table}$ at the real level $\alpha = 0.05$ with $dk = 29$. This t-count is in the H_0 rejection area, so H_0 is rejected. So it can be concluded that the application of a reciprocal style or method has an influence on students' self-confidence at Nurul Islam Vocational School, Cianjur.

From the results of hypothesis testing, it can be concluded that the application of a reciprocal style or method has an influence on the hockey playing skills and self-confidence of students at Nurul Islam Vocational School, Cianjur.

DISCUSSION

Observing is something to learn. That's on line with Bandura's social cognitive theory according to Mahendra in the book about Motor Teaching learning theory (2017:192) saying that everything is something that can be learned with direct experience, can I also learn through what is meant by "observation". after the theory that learning is the process of observing one see how another person does the movement . What happens is because when the author correctly makes his move, so as an observer he might learn that later he decides to do it as well. When the actor makes a mistake, the observer might learn, that's when he turns the observer into an author, so he doesn't decide to make the wrong move. This reciprocal teaching style adds domain strengthening. sport has the benefits of a reciprocal teaching style. These include: 1) Students may arrange their study time only for example. Who will do it? start training, how do you do it? pract and how to share time Couples share time in studying as well as; 2) Learn a lot more skills in a master's degree in machine oriented skills(Halim et al., 2019).

The application of the reciprocal style of conducting further learning is effective because during the implementation process of traditional learning the teacher must monitor all students while the crowd of students is not large. The teacher may observe all students well. The mutually beneficial style provides a solution for students that will occur in the learning process. movement Determination checked Where Location What's wrong and how Do you look . This is agreed with the theory of being aware of the results presented by Mahendra (2007: 246) that "Pract is just NOT doing it perfectly" meaning that students need control from other people who can provide positive energy for actors in this process, including students who receive feedback. Immediately return what they have. If students are successful, if they make a mistake, they will be corrected right on time and when your students do the right thing, the response will be positive from observers. Determination motivates students to defend and fight to do better. Of course this process will also take place. There is literature or knowledge transfer process that includes knowledge about the results or to know about the knowledge of the results and performance of one to know about the performance.) Providing immediate feedback without delay Cancel Yes has a real impact on the student's learning process. feedback It forms information around what he has done

RIGHT or BAD. 2. I have developed a method of working within a few tools. So that the Social Development aspect 3. Improving the teaching and learning process with the method of observing however systematically Movement is one of the important discussions from Friends. The basic rule is: observe your friends' learning activities. It is a learning and teaching process (juliantine, 2012)

The teaching and learning process is often called doing mental activities, passive exercise, one of the building blocks of movement. different from that As a teaching style as a style Demanding reciprocity of student activity Determination to increase motivation, That by providing a style of Student focused activity - teaching as a teaching style On the other hand, a teacher can improve students' metacognitive skills , Learning satisfaction and intrinsic motivation (Chatzipanteli et al., 2015). The reciprocal teaching style may increase student activity, academic achievement and optimization of student movement, in addition to the application of the reciprocal teaching style in the classroom and in the field, both teachers and students both gave positive answers (Abbas & Reflianto, 2018). This will make students do well., if students are able to bring their homework to study well then the teaching and learning process will be felt to be more interesting for students (junaidi & Yudiana, 2016).

The application of the reciprocal style in learning hockey increases self-confidence as a student. A mutually beneficial style may be necessary to transfer insufficient learning to the student and thereby help him become a more independent learner. A teacher's educator must match his or her teaching style and the student's learning style so as to possibly help him or her to explore ways of learning and participate in financially supporting independent learning, But of course, in this case, transfer is not enough.

Answering from teacher to student must be clear because to get it. Helping makes it easier for students. In practical application as in given by the teacher. Tasks must be created by students in a clear and simple way that can be understood (Bangun, 2019). so there are NO Mistakes in understanding the tasks given by the teacher regarding the implementation of which the reciprocal style has an income Where the feedback back to the style is Determined however direct and immediate. The feedback immediately comes back. Determination has a positive effect on the student because at that time the student does it. When the determination is corrected, one is given the feedback back to who he is. Doing it right so the determination becomes a positive upward direction for the student and increases his self-confidence as a student. and at this time the application of the student style is also the determination to learn to interact so that the determination is caused by recognition from other people which can be caused by the self-confidence of being a student. Determination increases. And it was determined that the student was NOT awkward in doing it because he was corrected by a friend only compared to when he was corrected by a teacher. It was

a little awkward. if the students socialize He students Determination discover the Disadvantages and advantages of the same or others at any time do and that Determination breeds one factor that might increase Self-Confidence Being it is accepting the Reality and belief that Everyone has Advantages and disadvantages. it will TO Draft me positively To Be myself, others, and circumstances.

A review of some of the ways in which you can increase your self-confidence is where pract may increase your self-confidence in performance to match that you have to achieve little success in each pract and how to reciprocate methods that may further develop your self-confidence in becoming a student. It can be checked from the implementation process of the reciprocity method. this is online where (AGORO & Mkakinsola, 2013) states that “reciprocal teaching increases students' self-confidence and success in understanding and using strategies, as well as their enjoyment of literature,” which may be the case. complete information from followers. The reciprocity method may increase self-confidence and success in understanding. The reciprocal method may have a good effect on building trust and understanding into the target of researchers to increase self-confidence.

CONCLUSION

Conclusions, the application of the reciprocal style in learning hockey at Nurul Islam Vocational School, Cianjur, has a significant influence on playing skills, happiness and self-confidence as a student.

Conflict of Interest

We have no conflicts of interest to disclose.

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