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Development of Physical Literacy Media Based on Google Sites at SDN 26 Ampenan

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This development research aims to produce products in the form of physical literacy media based on google sites. Google sites-based physical literacy media can be one of the solutions to provide students with an understanding of physical activity. The method used in this study is research and development with the Sugiyono model to test the feasibility and practicality of physical literacy media based on google sites. This research was located at SDN 26 Ampenan, Mataram City, West Nusa Tenggara. The instruments used in this study are in the form of questionnaires for material expert validation, media validation, student responses, and teacher responses. This google sites- based physical literacy media has been declared very feasible and very practical by the validators and respondents. The results of the study showed that (1) the validation of material experts was obtained with a percentage of 89% with very feasible qualifications, (2) the validation of media experts was obtained with a percentage of 89% with very feasible qualifications, (3) the response results of small-scale students were obtained with a percentage of 93.46% with very practical qualifications, (4) the response results of large-scale students were obtained with a percentage of 91.37% with very practical qualifications, (5) the response results of small-scale teachers were obtained with a percentage of 96.87% with The qualification is very practical, (6) and the results of the large-scale teacher response are obtained a percentage of 97.5% with very practical qualifications. Based on these results, physical literacy media based on google sites is feasible and practical to use.

1. Introduction

The development of science and technology has changed children's patterns and lifestyles. Sophisticated and instantaneous equipment that allows children to become physically inactive or lazy to move, which leads to an increase in lazy lifestyle or sedentary behavior in children (Arundhana et al., 2016:72), thus making a lazy lifestyle or sedentary lifestyle (Tremblay et al., 2011:60). Sedentary behavior causes the energy that exists, stored as fat deposits, resulting in obesity. The results of Riskesdas 2013 stated that more than half of the proportion of Indonesian people (42%) have sedentary behavior with a total sedentary behavior of 3 to 5.9 hours per day and is experienced by elementary school age children (Riskesdas, 2013). Sedentary behaviour has a negative impact on health, and is an important health problem for the community, especially for elementary school children (Ochoa et al., 2007:380). Another implication is the increase in non-communicable diseases (Riskesdas, 2018). There is epidemiological evidence that suggests that there is a specific impact of sedentary behavior on the increased risk of chronic conditions, such as cardiovascular disease (disorders of the heart and blood vessels), hypertension and diabetes (Carpenter et al., 2021:1).

Physical activity that is done regularly will have a good effect on the body. However, if not done regularly, it will have a bad risk to the health of the body, as well as affect the growth and development of children (Standage et al., 2014:46). For children and adolescents, in order to get the benefits, physical activity is carried out at least 60 minutes per day with moderate to heavy intensity, such as jogging, cycling, swimming and others (Ministry of Health, 2017). In addition, various other forms of physical activity can also be packaged in the form of energy expenditure activities that can improve physical fitness and moving experience as well as get to know one's identity and the environment, for example, gardening, helping to clean the house and so on (Nurchahyo, 2015:88).

As an asset of the nation, children must be optimized and maintained in their health, considering that good growth and development and healthy children will be able to realize a resilient and quality Indonesia. However, the current phenomenon causes children to become sedentary which leads to various health problems (Jans et al., 2007:454; Katzmarzyk, 2010:2717; Salmon et al., 2011:198; Kawashima et al., 2014:1). Various studies have revealed the importance of prevention to overcome the problem of lack of movement in children (Hanifah et al., 2023:1). According to the United Nations Educational, Scientific and Cultural Organization (2015), schools are the only places where many children participate in physical activity regularly. One of the concepts that is currently trending in increasing children's physical activity is through physical literacy that can be integrated into

PJOK learning which focuses on combining the body and physical competence with learning activities and physical competence with learning and communication activities that become a bridge to grow skills to face the challenges of the 21st century (Angga & Umar, 2023:5201).

Physical literacy is the concept of a healthy lifestyle (Roeter & Jefferies, 2014: 38). Physical literacy consists of 4 components, namely motivation, physical, cognitive, and behavioral (Kriswanto et al., 2023:1). The role of schools is also necessary in promoting children's physical literacy through PJOK learning also in order to expand their insight into physical activity activities. In addition, in order to increase children's interest in physical activity, school activities should be designed to please children in order to improve motor skills. Currently, there are many digital platforms that can be used to improve students' physical literacy, one of which is through the Google Sites website (Salsabila & Aslam, 2022:6090).

The use of interactive technological devices such as websites in the world of education has changed the old paradigm so that science is not only centered on formal schools, knowledge can be obtained from anywhere. Websites have long been one of the world's connectors and have long been used in the world of education which is used as an educational medium and as a source of information needed (Akbar & Tjendrowaseno, 2015:34). A website is a collection of pages that display various information in the form of text, images, sounds, animations or a combination of several forms or all of them (Nurmi, 2017:2; Tahir et al., 2022:96) in other words, a website is a tool used to promote schools, companies or organizations on the internet (Harminingtyas, 2014:42). Several studies related to the development of Google Sites Website-based media have shown its effectiveness in increasing students' interest in participating in learning (Hardianto, 2022; Rikani et al., 2021; Rofiq et al., 2019). This is in line with research conducted by Salsabila & Aslam (2022) obtaining positive student responses in the very feasible category. Thus, the development of learning media based on Google Sites is worthy of being used in learning activities.

Based on the results of observations and interviews with grade V teachers conducted by researchers at SDN 26 Ampenan, it was found that there is still no use of media in the form of google sites websites, including those that are integrated in PJOK learning or other subjects. The use of media is only fixated on package books and LKS which are one-way. But on the other hand, teachers and students have integrated learning activities with gadgets and the availability of the internet is quite supportive in schools. In addition, the availability of facilities such as LCD (Liquid Crystal Display) that exists but has not been optimally used, causing learning activities to be less interesting.

The integration of physical literacy packaged in Google Sites can support the development of physical literacy. The existence of adaptation and application of technology in Pjok learning based on Google Sites, especially in physical literacy, will change learning behavior in the classroom. Increasing understanding of the meaning of physical literacy will be beneficial for a person's life in the future. Another implication is that in the future children will become more productive and have a choice of physical activity activities that are beneficial for them which has a direct impact on improving the quality of their health. Lack of sensitivity to Google Sites, so the development of physical literacy media integrated with Google Sites can be beneficial for life in the future, especially for elementary school children. Because by understanding the importance of the meaning and concept of physical literacy, so that life in the future will be more productive and also have more useful activities. Literacy or physical literacy means being aware of survival as you age. Therefore, the researcher will develop Google Sites-based physical literacy media for elementary school children.

2. Method

This type of research is development research or in English it is called R&D, which is Research and Development. With the help of this method, a product will be created and its feasibility will be evaluated (Sugiyono, 2015:407). The procedure that will be carried out by the researcher by modifying the Sugiyono model (2013:298) which includes ten stages. However, only nine out of ten steps will be used by researchers, due to existing time and cost considerations (Nurjannah, 2022:35). The reason for choosing the Sugiyono model is because this model is a common model and can be used in various development research. The following is a chart that Sugiyono used to compile development research.

3. Result and Discussion

The result of this study is a google sites-based physical literacy media at SDN 26 Ampenan. The google sites media development process uses the Sugiyono model which consists of 10 stages, but in this study only uses 9 stages, namely, (a) potential and problems, (b) data collection, (c) product design, (d) design validation, (e) design revision, (f) product trial, (g) product revision (h) usage trial and (i) product revision.

1. Development of Physical Literacy Media Based on Google Sites

The development of google sites media is carried out because there has not been a development of physical literacy media based on google sites. In addition, this google sites media was developed so that students can choose how to learn by reading or by watching, this is because students' learning and understanding methods are different (Sulistiyawati, 2022:897). In line with this, google sites media is able to produce physical literacy guidance media for students in a classical manner that is suitable for use and is able to increase student participation in classical guidance (Setyawan, 2019:79). The use of google sites can add materials that will be studied and can be downloaded by students. In addition, users can combine various features in google sites-based physical literacy media. Among the features that can be used in google sites according to (Arumingtyas, 2021:347) are a). 88 Text writing menu to explain the material; b) Menu for embedding images; c) Menu for embedding youtube videos; d) Menu for embed google form which is used for attendance, LKPD, and evaluation; e) Menu to embed google meet links for online meetings; f) Calendar menu to embed agendas and dates; g) Menu for embedding powerpoint to insert material; h) Menu for excel embed to add tables in google sites. One of the purposes of using features is to provide conditions that resemble facts, thereby reducing the taking of ambiguous and abstract perceptions (Sevtia et al., 2022). Google sites provide a direct response to the learning outcomes carried out by students. Therefore, by combining various features, it allows google sites-based physical literacy media to be more effective and more interesting. In several previous studies related to the feasibility of using google sites media, the average researcher concluded that google sites media is suitable to be used as an alternative for students and teachers (Hadidi & Setiawan, 2021:379). Through google sites-based physical literacy media, it can introduce students to physical literacy, and through the development of google sites media, it is able to increase students' knowledge and understanding of the importance of physical activities related to health.

The google sites media developed by the researcher is different from previous research. Development of google sites media In this development research, Google Sites media contains physical literacy content and physical activities, while previous research developed Google Sites media that contains learning materials.

This google sites media has the advantage of being able to be used at any time, not limited by space and time, the illustrations used on this google sites media are also easily recognizable by class V students who are adjusted to their age level (Ningsih et al, 2023:111). In line with that, google sites is one of the media that is easy to use by elementary school students,

especially in grade V (Adzkiya & Suryaman, 2021). This google sites media uses an attractive image and background design and is in accordance with the characteristics of class V students who have high fantasy power, so that illustrations that are suitable for children at the elementary school level are illustrations that interpret their original form (Apriliani & Radia, 2020). In this google sites media, it also uses language that is easy to understand by all students. The use of appropriate language will make it easier for readers to understand the meaning and meaning of each word used in the media, so that the media is said to be effective and efficient (Panjaitan et al., 2020:17; Anggraeni & Kustijono, 2013:15).

2. Feasibility of Google Sites-Based Physical Literacy Media

This google sites-based physical literacy media has been declared very valid by media experts and material experts. This is evidenced by the results of the assessment of media experts and material experts. The results of the assessment of the google sites-based physical literacy media expert obtained a percentage of 89% with details, the media design aspect 89%, the content design aspect 77.5% and the practicality aspect 89%. So that physical literacy media based on google sites is very valid to use. Meanwhile, from the assessment of material experts, a percentage of scores was obtained of 89% with details, the material aspect 87.5%, the linguistic aspect 84% and the presentation aspect 100%. Thus, physical literacy media based on google sites is said to be very valid to use.

3. The Practicality of Physical Literacy Media Based on Google Sites

The results of student responses and teacher responses on small and large scales were obtained as a percentage of scores for small-scale student responses of 93.46% and small-scale teacher responses of 96.87%. Meanwhile, the response results of large-scale students obtained 91.37% and large-scale teacher responses obtained 97.5%. So that denikian, from the results of the assessment of student responses and teacher responses, this google sites-based physical literacy media is very practical to use. This is in line with previous relevant research that google sites media is very interesting to use because it is easily accessible, attracts students' interest in learning, makes it easier to understand the material, and the use of language is easy to understand according to the level of students' thinking (Sevtia et al., 2022).

This research and development is also relevant to the results of research that has been carried out by Hardianto (2022) which states that students are interested in google sites media, google sites media is easy for students to use and is worthy of being a material or learning medium. The feasibility of google sites media has also been researched by Salsabila

& Aslam (2022) the results of the study show that the google sites media developed is feasible to use, through google sites media, students gain valuable experience, students are also able to easily find science learning materials, google sites media can attract students' attention and interest in learning. Similar research has also been conducted by (Jubaidah et al., 2020) Which states that the use of Google Sites in learning mathematics, especially in number material, is very numerous, including making it easier for teachers to send materials, tutorial videos, giving assignments and many other uses and benefits of Google Sites media. While the practicality of google sites media has also been researched by Adzkiya & Suryaman (2021) who stated that google sites media is very practical to use, students no longer use many books to learn, simply by receiving the material that has been given by the teacher.

Thus, by looking at the many relevant research and developments that examine google sites media, that google sites media has shown a lot of its effectiveness and feasibility as well as practicality in its use.

4. Conclusion

Based on the results of the research on the development of physical literacy media based on google sites at SDN 26 Ampenan, the following conclusions are drawn:

1. The results of this development resulted in a physical literacy media product based on google sites. The product specifications that have been developed are educational websites that use the google sites platform. In this google sites media, it contains various content about physical literacy and education to increase physical activity. Each content has a different icon, background and appearance.
2. The advantages of this google sites media make it easier for students to learn anywhere and anytime, speed up or repeat the material. The results of this google sites-based physical literacy media product are feasible to use. This can be concluded from the results of product validation carried out by media experts and material experts. The results of media validation get a percentage of 89% with very valid criteria. And the results of the material validation also got a percentage of 89% with very valid criteria. Thus, the final results of the expert validation results show that the physical literacy media based on google sites developed is in the very valid category.

3. The results of this google sites-based physical literacy media product have been practical to use. As evidenced by the response of small group students to physical literacy media based on google sites, the results were obtained with a percentage of 93.46% with very practical criteria. Meanwhile, the students' responses to the large group use test obtained a result score with a percentage of 91.37% with very practical criteria. Meanwhile, the response of small-scale teachers to physical literacy media based on google sites with a percentage score of 96.87% with very practical criteria. And the response of large-scale teachers to physical literacy media based on google sites with a percentage score of 97.5% with very practical criteria. Therefore, based on the results of the percentage of scores obtained, the practicality of physical literacy media based on google sites developed is in the very practical category.

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