

# Students' Perceptions Towards Learning of Health and Health Instructions in the Time of the Covid-19 Pandemic in Private Junior High School Students in Binjai Utara District T.A 2020/2021

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## Abstract

The purpose of this study was to determine students' perceptions of teachers conducting online learning for junior high school students in North Binjai sub-district. The subjects used in this study were junior high school students in North Binjai District in 2021, totaling 285 students. Data analysis used descriptive statistical analysis techniques with percentages and to find out the percentage of students in filling out questionnaires needed by students to find out how online learning is for students. . The population and sample in this study amounted to 285 students. The percentage of students' answers at SMP in North Binjai District is 73% of students in the category of strongly agree, 16% of students in the agree category, 9% in the category of students disagree, 2% of students strongly disagree. The achievement of the highest percentage of research results is 73% of students answered the category of strongly agree, still not perfect because the expected value of 100% of students answered the category of strongly agree, but the goal did not reach the target that had been set was not achieved in accordance with what was expected. The overall research results in this study have a percentage of 75% with a good category. So it can be concluded from this study that students' perceptions of physical education online learning during the Covid-19 pandemic at SMP in North Binjai District went as desired.

**Keywords:** Perception, Online Learning, Elementary PE Teacher.

## INTRODUCTION

During this pandemic, students are very careful about learning sports, because in sports, physical activity is very crowded, so it affects gathering. such as football, basketball and many more. I want to examine how the policy of teachers at junior high schools in the northern Binjai sub-district towards physical education learning because it must be very difficult to carry out sports activities at a distance or wear masks.

The Covid-19 pandemic has hit all countries in the world, including Indonesia. According to the latest data from the World Health Organization (WHO) on April 24, 2020, as many as 213 countries have been infected with Covid-19, of which 2,631,839 have been confirmed positive and 182,100 have died. Covid-19 is an infectious disease, which means it can spread, either directly or indirectly, from one person to another.

In accordance with the Circular Letter of the Minister of Education and Culture Number 4 of 2020 Implementation of Education Policies in

the Emergency Period for the Spread of Corona Virus Disease (Covid19). At Point 2 "The Learning from Home Process is carried out with the following conditions:

- a. Learning from Home through online/distance learning is carried out to provide a meaningful learning experience for students, without being burdened with the demands of completing all curriculum achievements for grade promotion and graduation;
- b. Learning from Home can be focused on life skills education, including regarding the Covid-19 pandemic;
- c. Learning from Home learning activities and tasks may vary between students, according to their individual interests and conditions, including considering the gap in access/facilities for learning at home;
- d. The evidence or product of the Learning from Home activity is provided with qualitative and useful feedback from the teacher, without being required to give a quantitative score/value."

The teacher plays an important role with students when teaching physical education at a distance, and there is a media that the teacher gives to students so that students can understand it, that's where the teacher brings out his creativity. But a teacher uses a lot of applications such as google meet, webex, schoology, especially junior high school students in the city of Binjai using SIGUM and Zoom.

SIGUM (Teaching Teacher Information System) is a platform provided by the Binjai City Government through the Binjai City Education Office to assist teachers in conducting lessons easily, lightly and not consuming a lot of quota when used, making the learning materials used by SIGUM in the form of youtube video links, PPT , PDF is also a word form. Also recording student attendance, discussing with students and also giving quizzes to measure the achievement of student learning outcomes.

In the technique of using the SIGUM application, teachers are given training by the

Education Office and for teachers in schools who do not take part in the training, they are given guidance by teachers who take part in the training. Meanwhile for students, the teacher only gives the steps for the Whatsapp group.

The author chose Private Junior High Schools in North Binjai District to choose the research location because Private Junior High Schools in North Binjai District in online learning have an application, namely the Teaching Teacher Information System (SIGUM). The SIGUM application issued by the Binjai City Government which was built by the Binjai Smart City Operator is used during the online learning process.

Students can access learning materials and send assignments given by the teacher without having to meet physically at school. This action can reduce the emergence of school crowds as happened in face-to-face learning.

#### Research purposes

The goal to be achieved in this research is for students' perceptions of teachers doing online learning for private junior high school students in North Binjai sub-district.

#### Benefits of research

Theoretically: The results of this study are expected to be useful to enrich existing research in the field of education and increase knowledge in the field of education, especially regarding student perceptions of teachers conducting online learning in junior high school students in North Binjai sub-district.

Practically: This research serves as information to interested parties in an effort to improve the quality and perceptions of students about teachers doing physical education lessons during the COVID-19 pandemic of physical education in Indonesia.

#### For student

The results of this study are expected to foster an interest in independent learning and encourage students to be more motivated in Physical Education Learning.

## Theoretical basis.

Physical education (penjas) is education that can support the achievement of overall educational goals. Physical education has the potential to develop domains which include: Cognitive, affective, psychomotor, and physical. Physical education is education through physical activity using the medium of activity in the form of physical activity called sport.

### 1. Online Learning Model 1

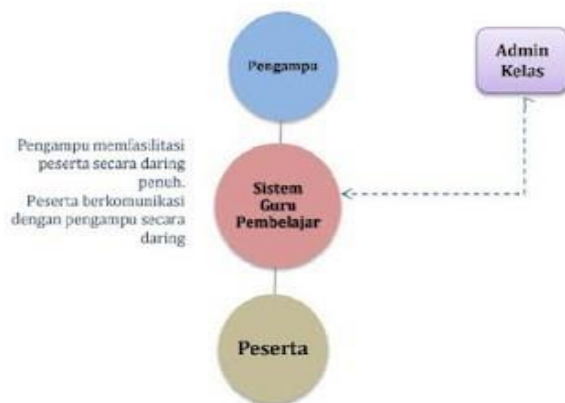


Figure 1 *Online learning model (Source: Amongguru.com)*

Online Learning Model 1 fully involves the facilitator and participants. Participants conduct online learning by accessing and studying all teaching materials, working on worksheets, and discussing with the teacher. During the learning process, participants are fully facilitated online by the facilitator.

### 2. Online Learning Model 2



Figure 2 *Online learning model (Source: Amongguru.com)*

This model is carried out fully online by combining interactions between participants, mentors, and facilitators with the following mentoring model. Facilitator and Mentor Interaction: The facilitator accompanies the mentor and interacts with the mentor online.

a. Mentor and Participants Interaction: Mentors accompany, discuss, and coordinate with participants online.

b. Facilitator and Participant Interaction: Facilitator facilitates and communicates with participants online.



### 3. Combination Online Learning Model

Figure 3 Online learning model (Source: Amongguru.com)

In the combined online model, participants engage in online and face-to-face learning interactions. Online learning interactions are carried out independently by utilizing information technology and learning materials have been prepared electronically.

According to Bimo Walgito (1990), perception has the following indicators:

a. Absorption of stimuli or objects from outside the individual.

The stimulus or object is absorbed or received by the five senses, both sight, hearing, touch, smell, and taste, individually or together. From the results of absorption or acceptance by the senses, you will get a picture, response, or impression in the brain. The image can be singular or plural, depending on the object of perception being observed. In the brain, images or impressions, both old and newly formed, are

collected. Whether or not the picture is clear depends on whether or not the stimulus is clear, the normality of the senses and the time it has just been or has been for a long time.

#### b. Understanding or understanding

After the images or impressions occur in the brain, the images are organized, classified (classified), compared, interpreted so that understanding or understanding is formed. The process of understanding or understanding is very unique and fast. The understanding that is formed depends also on the old images that the individual has previously (called apperception).

#### c. Assessment or evaluation

After the understanding or understanding is formed, there is an individual's assessment of the perceived object or thing.

#### Understanding Perception

Perception is one of the important psychological aspects for humans in responding to various aspects and symptoms that are around them. Perception has a broad understanding, concerning internal and external. Various experts provide various definitions of perception, although in essence they contain the same meaning. According to the Big Indonesian Dictionary, perception is a direct response (acceptance) of something. The process of a person knowing from his five senses.

#### Conditions for Perception

According to Walgito (2010) the factors that play a role in perception are the stimulation of the senses and are interpreted:

##### 1. Perceived object

Objects that cause stimuli that affect the senses or stimulus receptors can come from outside the perceiving individual, but can also come from within the individual concerned which directly hits the receiving nerve that acts as a receptor.

##### 2. The sense organs, nerves, and central nervous system

The sense organs or receptors are tools for receiving stimuli. In addition, there must also be sensory nerves as a tool to transmit the stimulus received by the receptor to the central nervous system, namely the brain as the center of consciousness.

#### 3. Attention

To realize or to make a perception requires attention, which is the first step as a preparation in order to make a perception.

#### Perception Aspects

According to Allport (Mar'at, 1991), there are three aspects of perception, namely:

##### a. Cognitive Component

That is a component that is composed on the basis of knowledge or information that a person has about the object of his attitude. From this knowledge, a certain belief will be formed about the object of the attitude.

##### b. Affective Component

Affective relates to feelings of pleasure and displeasure. So, it is evaluative which is closely related to cultural values or the value system it has.

##### c. Conative Component

That is a person's readiness to behave in relation to the object of his attitude.

#### Research sites

The research was conducted in SMP in North Binjai District, Binjai City Regency. This research can be stated as a population study using probability sampling. As a source of data in this study is a Private Junior High School.

Subject matter that can be obtained for free in the form of files that can be downloaded. Meanwhile, interaction between visitors, both students and teachers, can be done in the form of discussion forums or e-mails (Antonius 14 Aditya Hartanto & Onno W Purbo 2002:2-3). According to Koran (2002) E-learning is any teaching and learning that uses electronic circuits (LAN, WAN, or internet) to deliver learning content, interaction, or guidance.

Hartley (2001) explains that e-learning is a type of teaching and learning that allows the delivery of teaching materials to students using the internet, intranet or other computer network media. Rosenberg (2001) emphasizes that E-learning refers to the use of internet technology to deliver a series of solutions that can enhance knowledge and skills. Cisco (2001) explains the philosophy of E-learning as follows: (a) E-learning is the delivery of information, communication, education, online training, (b) E-learning provides a set of tools that can enrich the value of conventional learning so that it can answer challenges the development of globalization, (c) E-learning does not mean replacing conventional learning models in the classroom, but strengthening the learning model through content enrichment and development of educational technology, (d) student capacity varies greatly depending on the form of content and delivery method.

The better the alignment between content and delivery tools with learning styles, the better the student's capacity which in turn will give better results. E-learning is used as a delivery of learning material through electronic media or the internet so that students can access it anytime from all over the world. E-learning has shortened learning time and made study costs more economical. E-learning facilitates interaction between students and subject matter, students and teachers or instructors as well as fellow students.

Students can share information with each other and can access learning materials at any time and repeatedly, with such conditions students can further strengthen their mastery of learning materials. In E-learning, which takes on the role of the teacher are computers and electronic guides designed by "contents writers", E-learning designers and computer programmers. basically the concept of E-learning is the provision of new classes equivalent to conventional classes in existing schools. The construction of a virtual educational institution such as E-learning must provide results that are more or less the same as the ideals of establishing a conventional educational institution.

## Research Variables and Operational Definition

### Research variable

The variable in this study is the student's perception of physical education learning during the Covid-19 pandemic in private junior high school students in the North Binjai sub-district towards online-based physical education learning. The variable indicators that want to be examined are: the use of Sigum and other applications in online-based history learning, uses such as smartphones, laptops, signals, quotas in online learning, understanding of history learning materials in online-based, learning independence, interests and motivation, courage to express ideas in online-based history learning.

### Operational Definition

The operational definition of the variable is the understanding of the variable (which is expressed in the concept definition), operationally, practically, in real terms within the scope of the research object/object being studied. The operational definition in this study is Student Perception of Physical Education Learning in the Covid-19 Pandemic Period for Private Junior High School Students in the North Binjai District which is a response, opinion on online-based physical education learning that is being implemented.

In 2019, a virus known as the corona virus has spread. Corona virus causes diseases that occur in animals and humans. This virus can spread and infect the human respiratory tract. Symptoms can range from coughs, runny noses to serious problems such as MERS (Middle East Respiratory) and SARS (Severe Acute Respiratory Syndrome). This is a new virus and a type of disease that was previously unknown before the outbreak of the virus in Wuhan, China that occurred around December 2019 ago (WHO, 2019).

This virus can spread and can infect other people. Transmission can be through splashes that come out of the mouth and nose that come out of people who are infected with this virus. It can also come from a stone or when

exhaling. Splashes that fall and are inhaled directly onto other people can spread this virus. Transmission can occur if you inhale the splash.

On December 31, 2019, the World Health Organization (WHO) received information about a case of pneumonia that occurred in the city of Wuhan, Hubei Province, China. On January 7, 2020, Chinese authorities confirmed that they had identified a new virus, namely the Corona virus, which is a family of flu viruses, such as the SARS and MERS viruses, of which more than 2,000 cases of infection with the virus have been reported in China, including outside Hubei Province.

Corona viruses (CoV) are a family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome

(SARS-CoV). On February 11, 2020, WHO announced the name of the new type of Corona virus was Corona Virus Disease 2019 (abbreviated to COVID-19).

Person-to-person transmission is thought to occur through droplets when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens can be inhaled into the lungs. Transmission of COVID-19 can also occur by touching a surface or object that has the virus on it and then the person touching their own mouth, nose, or perhaps their eyes.

There is a Corona virus that was originally transmitted from animals to humans. However, it was later discovered that the Corona virus was also transmitted from human to human. A person can get COVID-19 in various ways, namely:

1. Accidentally inhaled the droplets of saliva that come out when a person with COVID-19 coughs or sneezes
2. Holding your mouth or nose without washing your hands first after touching an object that has been splashed by the saliva of a COVID-19 sufferer
3. Close contact with people with COVID-19

## Research time

The time of this research is planned in March 2021 for students throughout the North Binjai District to be carried out in the even semester.

## Questionnaire Validity

The questionnaire validity test in this study used the product moment contribution with the following formula:

$$r_{xy} = \frac{N\sum xy - (\sum x)(\sum y)}{\sqrt{(N\sum x^2 - (\sum x)^2)(N\sum y^2 - (\sum y)^2)}}$$

(Arikunto, 2013 :87)

Information :

$r_{xy}$  = Correlation coefficient between variable X and variable Y

$\sum xy$  = The number of multiplications between variables X and Y

$\sum x$  = Sum of the squared values of X

$\sum y$  = Sum of the squares of Y values

$(\sum x)^2$  = Sum of X values then squared

$(\sum y)^2$  = Sum of Y values then squared

Norms of assessment criteria for student perception of physical education learning online :

No.	Success Rate	Success Predicate
1	80-100%	Very good
2	60-79%	Good
3	30-59%	Enough
4	10%-29%	Less
5	<10%	Very less

5 <10% Very less

(Sumber: Sudjiono (1995) dalam Saputro (2014)

Test the feasibility of the questionnaire questionnaire. After the questionnaire was compiled, a test questionnaire was conducted.

Before the questionnaire was tested, expert judgment was carried out first to validate the questionnaire, namely the instrument test questionnaire. Before the instrument was used as a measuring tool for data collection, it was necessary to test the instrument to test the validity and reliability of the instrument used. The trial was conducted in a junior high school adjacent to the object of research, the location was at SMP Negeri 3 Binjai, with a sample of 140 students.

According to Suharsimi Arikunto (2010: 209), the procedures taken in procuring a good instrument are:

- a. Planning, includes the formulation of objectives, determining variables, categorizing variables.
- b. Writing questions or questionnaire items, compiling scales, compiling interview guidelines.
- c. Editing, which is completing the instrument with guidelines for working on cover letters, answer keys and other necessary things.
- d. Trial, both on a small and large scale.
- e. Analysis of results, analysis of items, seeing patterns of answers, reviewing suggestions, and so on.
- f. Conduct revisions to items that are deemed unfavorable and based on the data obtained during the trial.

### Data analysis technique

The data analysis technique that will be used in this research is descriptive statistics. Descriptive statistics are statistics that function to be able to describe or provide an overview of the object under study through sample or population data, without analyzing and making conclusions that apply to the public. The presentation of data in this descriptive statistic is through tables, calculations of Mean, Median, Mode, and percentage calculations (Sugiyono, 2016: 29).

$$P = F/N \times 100\%$$

Where :

P = The percentage value obtained

F= Frequency of the selected sample

N=The total number of samples

100%= Fixed value

During the Covid-19 Pandemic Period at Private Junior High Schools throughout the North Binjai District, it was revealed by a questionnaire consisting of 45 statements and divided into five factors, namely;

- (1) The use of Sigum and other applications in online-based physical education learning,
- (2) Uses such as smartphones, laptops, signals, quotas in online learning,
- (3) Independent learning, interest and motivation, courage to express ideas in online learning,
- (4) Understanding of physical education learning materials on an online basis, and
- (5) Providing Guidance and Checking daily exams, homework, assignments, and exam results after finishing the material used using Sigum and Zoom.

### Research result

The research was conducted in SMP in North Binjai District. Time The research was conducted on March 22, 2021 to March 26, 2021. The subjects of this study were 285 students in SMP in North Binjai District. Questionnaires that have been tested for feasibility are then distributed to respondents, namely students of SMP in North Binjai District. The total number of respondents is 285 students. The results of data collection on student perceptions of physical education learning during the Covid-19 pandemic for students throughout the North Binjai sub-district.

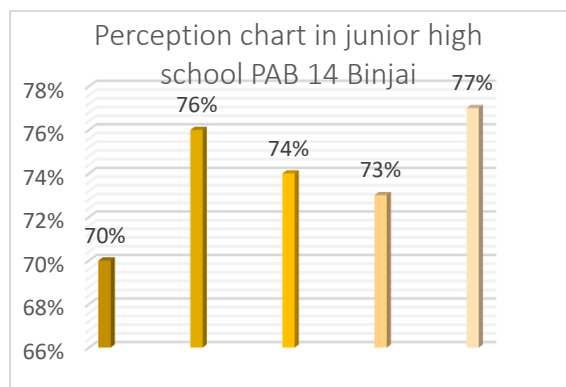
Before taking data at SMP in North Binjai District, the researchers conducted a v . test.

Before taking data at SMP in North Binjai District, the researchers conducted a valid/feasibility test of the questionnaire

instrument to an expert in Psychology in physical education learning, namely an expert validator from a Unimed FIP (Faculty of Education) Lecturer, namely Mrs. Suri Handayani Damanik, S.Psi., M.Psi and the language in my questionnaire were validated by a validator from the Unimed FBS (Faculty of Language and Arts) lecturer, Mrs. Fitriani Lubis, S.Pd., M.Pd. has been tested with the validity test formula. The data description of the results of this study is intended to describe the results of data collection, namely about respondents' answers to questionnaires from google foam and questionnaires printed to students to measure student perceptions of physical education learning. The results of the research description are as follows:

### 1. SMP PAB 14 Binjai

Student perceptions of physical education learning during the Covid-19 pandemic at SMP PAB 14 Binjai



Gambar 1 perception chart in junior high school PAB 14 Binjai

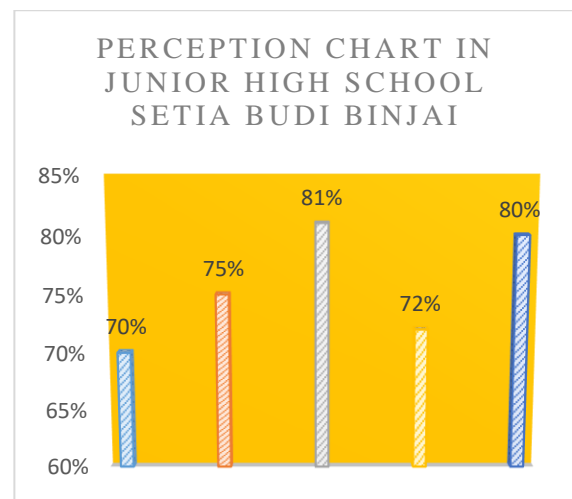
The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at SMP PAB 14 Binjai for the use of Sigum and other applications in online-based physical education learning 70% category strongly agree. Uses such as smartphones, laptops, signals, quotas in online learning 76% of the category strongly agree. Independence in learning, interest and motivation, courage to express ideas in online learning 74% category strongly agree.

Understanding of physical education learning material in online-based 73% category strongly agree. Provide Guidance and Check daily

exams, homework, assignments, and exam results after finishing the material used using Sigum and Zoom 77% of the category strongly agree. It can be concluded from the percentage of indicators at SMP PAB 14 Binjai that online learning is carried out well.

### 2. SMP Setia Budi Binjai

Student perceptions of physical education learning during the Covid-19 pandemic at SMP Setia Budi Binjai



Gambar 2 Perception chart in junior high school Setia budi Binjai

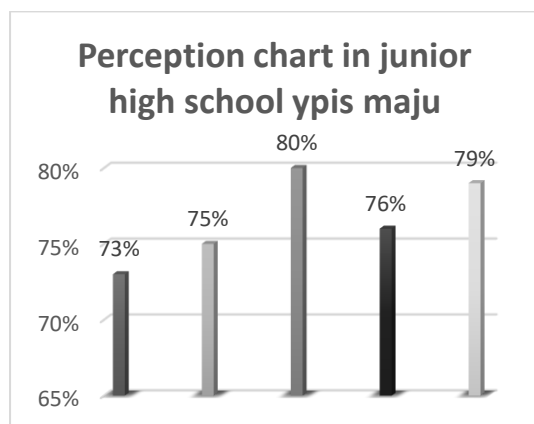
The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at Setia Budi Binjai Middle School for the use of Sigum and other applications in online-based physical education learning 70% category strongly agrees. Uses such as smartphones, laptops, signals, quotas in online learning, 75% of the categories strongly agree. Independence in learning, interest and motivation, courage to express ideas in online learning 81% category strongly agree. Understanding of physical education learning material in online based 72% category strongly agree.

Provide Guidance and Check daily exams, homework, assignments, and exam results after finishing the material used using Sigum and Zoom 80% category strongly agree. It can be concluded from the percentage of indicators at Setia Budi Binjai Middle School that online learning is carried out well.



### 3. SMP Ypis Maju Binjai

Student perceptions of physical education learning during the Covid-19 pandemic at Ypis Maju Binjai Middle School



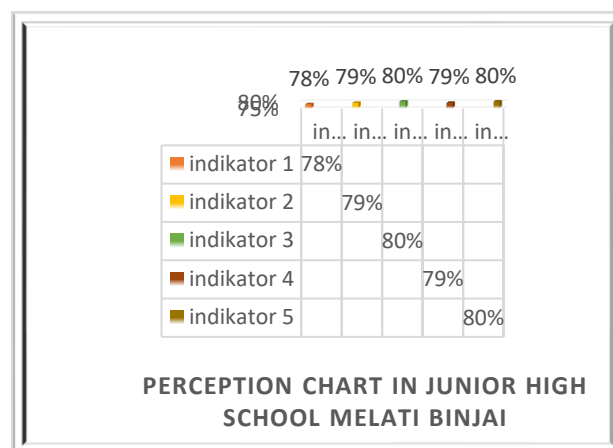
Gambar 3 Perception chart in junior high school ypis maju

The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at Ypis Maju Binjai Middle School for the use of Sigum and other applications in online-based physical education learning 73% of the categories strongly agree. Uses such as smartphones, laptops, signals, quotas in online learning, 75% of the categories strongly agree. Independence in learning, interest and motivation, courage to express ideas in online learning 80% of the categories

Strongly agree. Understanding of physical education learning materials based on online 76% of the Implemented category. Providing Guidance and Checking daily exams, homework, assignments, and exam results after finishing the materials used using Sigum and Zoom 79% of the categories strongly agree. It can be concluded from the percentage of indicators at SMP Ypis Maju Binjai that online learning is well implemented.

### 4. SMP Melati Binjai

Student perceptions of physical education learning during the Covid-19 pandemic at Melati Binjai Middle School



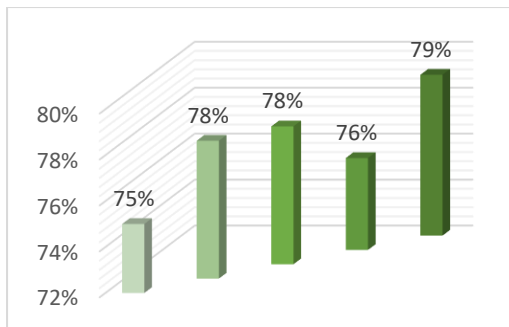
Gambar 4 Perception chart in junior high school ypis maju

The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at SMP Melati Binjai for the use of Sigum and other applications in online-based physical education learning 78% of the category strongly agree.

Uses such as smartphones, laptops, signals, quotas in online learning 79% of the category strongly agree. Independence in learning, interest and motivation, courage to express ideas in online learning 80% of the categories strongly agree. Understanding of physical education learning materials based on online 79% of the category strongly agree. Provide Guidance and Check daily exams, homework, assignments, and exam results after finishing the material used using Sigum and Zoom 80% category strongly agree. It can be concluded from the percentage of indicators at SMP Melati Binjai that online learning is well implemented.

### 5. SMP Tunas Pelita Binjai

Student perceptions of physical education learning during the Covid-19 pandemic at Tunas Pelita Binjai Middle School



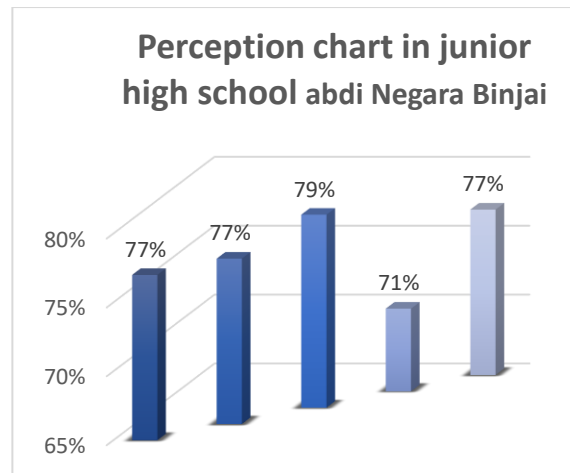
Gambar 5 Perception chart in junior high school Tunas Pelita

The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at SMP Tunas Pelita Binjai for the use of Sigum and other applications in online-based physical education learning, 75% of the categories strongly agree. Uses such as smartphones, laptops, signals, quotas in online learning 78% of the categories strongly agree. Independence in learning, interest and motivation, courage to express ideas in online learning 78% strongly agree

Understanding of physical education learning material based on online 76% category strongly agree. Providing Guidance and Checking daily exams, homework, assignments, and exam results after finishing the material used using Sigum and Zoom 79% category strongly agree. It can be concluded from the percentage of indicators at SMP Tunas Pelita Binjai that online learning is carried out well.

#### 6. SMP Abdi Negara Binjai

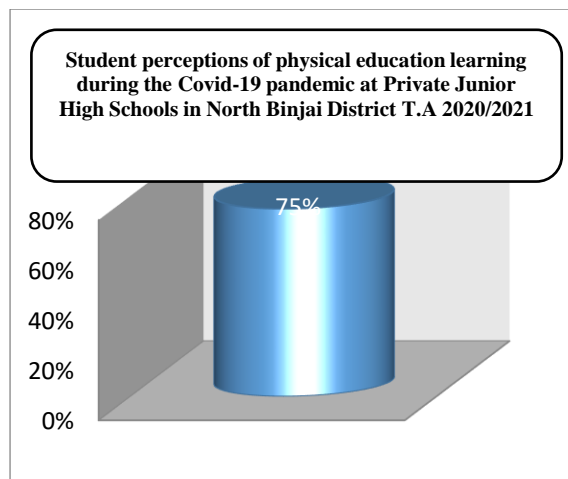
Student perceptions of physical education learning during the Covid-19 pandemic at Abdi Negara Binjai Middle School



Gambar 6 Perception chart in junior high school abdi Negara Binjai

The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic at SMP Abdi Negara Binjai Binjai for the use of Sigum and other applications in online-based physical education learning, the percentage of 77% strongly agrees. Uses such as smartphones, laptops, signals, quotas in online learning 77% category strongly agree. Independent learning, interest and motivation, courage to express ideas in online learning percentage 79% category strongly agree. Understanding of physical education learning material in online-based percentage 71% category strongly agree. Providing Guidance and Checking daily exams, homework, Tasks, and Exam Results after completing the material used using Sigum and Zoom the percentage of 77% strongly agrees. It can be concluded from the percentage of indicators at SMP Abdi Negara Binjai online learning is carried out well.

Student perceptions of physical education learning during the Covid-19 pandemic at Private Junior High Schools in North Binjai District:



Gambar 7 Student Perception Graph

The graph above shows that research on student perceptions of physical education learning during the Covid-19 pandemic in North Binjai District 75% is categorized as good in implementing physical education learning during the Covid-19 pandemic. Middle school students in North Binjai District, and 25% are lacking in implementation due to students do not understand the online learning that is carried out.

## CONCLUSIONS AND SUGGESTIONS

The conclusion of the research results from researchers on student perceptions of physical education learning during the Covid-19 pandemic in junior high school students throughout the North Binjai sub-district had a percentage of 73% of students in the category of strongly agreeing, 16% of students in the category agreeing, 9% in the category of students disagreeing, 2% of students strongly don't agree. The achievement of the highest percentage of research results is 73% of students answered the category of strongly agree, still not perfect because the expected value of 100% of students answered the category of strongly agree, but the goal did not reach the target that had been set was not achieved in accordance with what was expected. The overall research results in this study have a percentage of 75% with a good category. So it can be concluded from this study that students' perceptions of physical education online learning during the Covid-19

pandemic at SMP in North Binjai District went as desired. The results of the research on student perceptions of physical education learning during the Covid-19 pandemic in junior high schools throughout the North Binjai sub-district.

Therefore, the following suggestions are put forward:

1. It is hoped that the relevant agencies (Binjai City Education Office) will facilitate online activities in the form of study quotas so that online learning can run smoothly, especially in Middle Schools in North Binjai District.
2. It is hoped that the school will further improve physical education learning with videos during this online learning, so that students can better understand the material that has been given.
3. It is hoped that students will be enthusiastic about learning physical education even during the covid-19 pandemic.

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