DEVELOPMENT OF MEDIA-BASED TRAINING 3GS (TRIPLE GAME SET); MONOPOLY, SNAKES LADDERS AND FENCING PUZZLE FOR CHARACTER EDUCATION EFFORTS IN BEGINNER ATHLETES

by Tri Hadi Karyono

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Abstract

Objectives: The objective of this study is in order to introduce one media training so that athletes do not experience boredom as well as an additional reference to the activities athlete can channel his pleasure with the positive activities, which is monitored and controlled so that athletes can also hobby with positive activities, other than that the product was Checked for feasibility with stakeholders and will be revised in accordance with inputs from the stakeholders. For more spesific reason is Firstly; implementation/supply Development of Media-Based Training 3GS (Triple Game Set); monopoly, snakes and ladders and puzzle fencing, In Effort Character Education In Beginner Athletes, and the secondly; that it can be a reference for the whole community fencing in Indonesia as an alternative model of training for athletes, especially to level of cadet beginners and cadets in fencing.

Methods: In this study, The method of research is research and development when in this study as should as to produce a particular product, and Check the feasibilities of these products. The Products produced in the form of Media-Based Training 3GS (Triple Game Set); monopoly, snakes ladders and fencing puzzle In Character Education Efforts In Beginner Athletes. In this study, collecting the information and suggestion by the forum group discussion and forum group interview with the expert, stake holder, coach and fencing athlete.

Results: The results of this research is a prototype of Media-Based Training 3GS (Triple Game Set); monopoly, snakes and ladders and fencing puzzle, In Character Education Efforts In Beginner Athletes. The Feasibility of media product of leisure training during training process and as media in fencing character education through Media Training Based on 3GS (Triple Game Set); monopoly, snake ladder and fencing puzzle In Character Education Efforts In Beginner Athletes viewed from the aspect of media material, media design aspect and over all especially for media aspect got raise of average percentage on 88% and also as well as from material aspect got raise of percentage on 92%. For overall included in the category of "Very Eligible" which means that 3GS media is suitable to be used in introducing and as a training media for spare time during the training process as well as a training media in fencing for character education.

Conclusion: The product as like prototype of Media Training Based on 3GS (Triple Game Set); monopoly, snake ladder and fencing puzzle, Snake Ladder and Fencing Puzzle In Character Education Efforts In Beginner Athletes viewed in the category of "Very Eligible "which means that media is suitable to be used in introducing and as a training media for spare time during the training process as well as a media in fencing character education.

Keywords: Development, Model, Media Training, Fencing, Character education.

INTRODUCTION

Nowadays sport development is running very fast and sport is also one of the supporting tools of achievement for the progress of the nation, thus raising the good name of the nation, therefore the government takes importance to socialize the sport and to cultivate the society, so that it will develop into a national movement. All of this is clearly aimed to be able to grow a strong Indonesian human, healthy physical and spiritual. Sports is also very popular with all circles of society in Indonesia from still children, adolescents, adults to old. Sport as have to done anywhere and anytime. Children and adolescents get physical education in School, the government today expand the development of sports to the general public, as evidenced by the existence of facilities for the holding of various championships and matches within the community. This is in accordance with the law of the Republic of Indonesia No. 3 of 2005 on the national sports system in the fostering and development of sports chapter VII chapter 21

verses 1, 2, 3, and 4 which reads: (1) The Government and the regional government shall be obliged to undertake the guidance and development of the sport in accordance with their respective authorities and responsibilities, (2) Development as referred to in paragraph 1 shall include sports, manpower, organizing, methods, infrastructure and facilities, as well as sporting awards. (3) Development of sports is done through the stage of the introduction of sports, monitoring, scouting, as well as the development of talent and improvement of achievement, (4) Development of sports are conducted through family lines, educational channels, and community channels that are based on the development of sports for all life-long people. (UU RI, 2007: 13).

Based on the above quotation especially in the third paragraph, at the introduction stage of the sport the community is very familiar with popular sport. Popular sport is a sport that is always in demand by all societies, such as basketball, football, badminton, volleyball, etc., while less popular sport is very rare people who know it do not even know the sport, like fencing. Fencing is a sport of martial arts that combines the art of dexterity to play and protects itself with the sword in which strategy plays an important role in the sport that adopts this medieval battle. Fencing is not a sport for everyone but anyone can do fencing. According Faidilllah Kurniawan (2012: 1) Fencing is one of the old sports that has not been so popular among the people, how not, in addition to this sport taste from Europe and from one of the special sport of the kingdom in ancient times. Sports fencing is recognized in progress is still a little slow reality of obsevation done was not much demand proven by at least learners or athletes who follow the sports fencing, players or fencing athletes can know the usual fencing of relatives, friends who are invited to practice fencing, neighbors of homes, and schools that have extracurricular fencing but only a few just because of lack of human resources especially trainers who know about fencing sports. Less about the fencing and less interest of the child, and the boring pattern of fencing practice resulted in the lack of seriousness in the practice of fencing so that the child will stop practicing in the middle of the training level. Based on researcher observation in Purworejo district Yogyakarta province result as the fencing trainer or teacher complained how to introduce fencing sports (Bagus Herdianto and Faidillah Kurniawan: 2015).

In the other side, Perdana Tyas Astuti and Faidillah Kurniawan (2013) was found of research result shows as the athlete have not much ability of the fencing equipment and facilities for training were there equipment and facilities was the fencing organization as wel as completely. Depart from some of these problems, lack of creativity and development of the teacher or coach as needed then learners or the athlete will be bored in learning about sports fencing. In fact many different methods of introduction can be used to attract interest and motivation such as the creation of training media through the training of 3GS (Triple Game Set); monopoly, ladder snakes and fencing puzzles. Training media is media containing and carrying element or information to recipient that is child or player.

With this training media can facilitate learners or athletes in understanding a thing and create an element of attraction for learners or these athlete has knowing, understanding and playing togeteher for maintence their spirit to push the internal motivation for have a kindness and the best athlete for performance and also for the good character. Use of training media with gameGS (Triple Game Set); monopoly, snake ladder and fencing puzzle can also arouse the desire and motivation of learners and could be have the athlete in training process introduction and play. In addition, with training media can help learners or athlete to develop the understanding, facilitate interpretation, and get more complete information, especially about fencing sports. Media created by researchers is a visual-based media (image or imagery) that aims to introduce fencing sports. This can also foster the interest of students or athletes and can provide the relationship between training content with the real world. Creativity required by learners or athletes in playing 3GS (Triple Game Set) training; monopoly, ladder snakes and fencing puzzles.

In this study, researchers made training through training 3GS (Triple Game Set); monopoly, snake ladder and fencing puzzle because based on observations made by researchers which the athlete along with fencing athletes in Yogyakarta and around is still a lot of learners or athletes especially for the category of beginner athletes who do not know correctly what it is fencing sports and based on observations made by researchers on toys stores that sell 3GS training (Triple Game Set); monopoly, snake ladder and fencing puzzle not many 3GS (Triple Game Set); monopoly, snake ladder and sports fencing-themed puzzle, there is not even a theme of fencing.

Researchers would like to create a new training method to attract the athlete interests and motivations or the beginner athletes through training media through 3GS (Triple Game Set) training; monopoly, ladder snakes and fencing puzzles. So with the research development of training media through training 3GS (Triple Game Set); monopoly, ladder snakes and fencing puzzles in introducing fencing to learner or the beginner athletes are expected to attract the interest and motivation of learners or athletes in the process of getting to know and learn about fencing and it can also inspire the teacher or coach to always provide new training methods as there are still many ideas for the development of children in the process of introduction. This research can help in the process of introduction and there are examples with the pictures or figures that attract children so as to make learners or athletes more motivated to know, learn and practice about fencing.

METHOD

Research and development method is a research method used to produce a particular product, and Check the effectiveness of the product (Sugiyono, 2011: 297). The resulting products are 3GS Based Training (Triple Game Set); monopoly, ladder snakes and fencing puzzles, In Character Education Efforts for beginner athletes. The usual development research called research-based development is an ongoing study in practical problem solving in the world of research, primarily researching education and training.

RESULTS AND DISCUSSION

The products produced in the development research include the training media for teachers (extracurricular) fencing and fencing coaches, training materials for students fencing. The product model under development in this research is developing "3GS Based Training Media (Triple Game Set); monopoly, snake ladder and fencing puzzle, Snake Ladder and Fencing Puzzle In Character Education Efforts At The Beginner Athletes ".

The steps that are carried out this phase I research are: (a) field study and introduction through observation to stake holders, (c) Focus Group Discussion (FGD) and Focus Group Interview (FGI) with the experts, (d) Analysis inputs, (e) preparation of 3GS Based Training Media (Triple Game Set); monopoly, snake ladder and fencing puzzle, In an effort to plant Character Education at Athletes Cadet Athletes and Cadets in Yogyakarta Special Region, (f) Product feasibility Checking (prototype), (g) product finalization (Prototype).

The values of character education that become the researcher's reference in this research are the cultivation of character education from Hellison in Weinberg, Roberts S; Gould, Daniel (2007) created a sports program aimed at helping children grow their sense of responsibility as follows:
1) Irresponsibility

At this level groups of unmotivated and disruptive children. The job of sports teachers in this case is to control their behavior or even eliminate it so as not to disturb the others.
2) Self control.

Students at this level are often not participating in learning activities, but they can control their behavior so that students at this level need not be punished out of the classroom. What sports teachers need to do is help them get involved in the activity or teach them to appreciate the feelings of others and tell them that their attitudes and behaviors disturb the learning process at school.

3) Involvement.

Many forms can be regarded as an engagement in sports lessons and what sports teachers have to do is encourage students to be more responsible for their own development and understanding of success.

4) Self direction.

This level groups students who can work effectively and independently within the scope of personal development with understandable needs or aspirations. The job of the sports teacher is to make it possible to have the skills needed to work in a stand-up and set realistic goals.

5) Caring (Helping).

At this level, the only concern for others is the respect for the fundamental rights of the students. At this level, students are not just focused on their own orientation and have been motivated by their prosocial orientation. The job of the sports teacher in this case is to provide sufficient opportunities for students to work together, provide assistance, show attention, and help others.

The product of model developed in the research of Media Training Based on 3GS (Triple Game Set); monopoly, snake ladder and fencing puzzle, Snake Ladder and Fencing Puzzle In Character Education Efforts for The Beginner Athletes are as follows below.

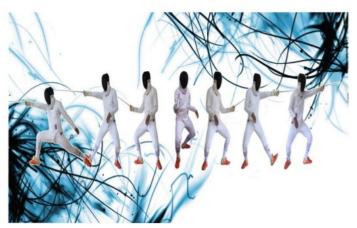**Fig. 1. Training media in the form of fencing monopoly**

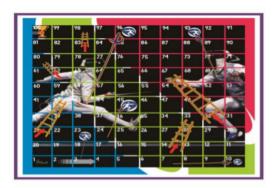**Fig. 2. Training media in the form of fencing puzzle**

Fig. 3. Training media in the form of fencing snake ladder

Discussion
Theory Description
Coaching Media

According to Gerlach and Ely (1971) in Arzhar Arsyad (1997: 3) said that the media when understood in broad outline is human, material or event that create conditions that enable students to acquire knowledge, skills or attitude. According to the Association for Education and Communication Technology (AECT), 1977 in Azhar Arsyad (2002: 3) defines the word media as any form and channel used to convey messages or information. Based on the above notions it can be concluded that the media is anything that can be used to channel the message from the sender to the receiver so that the process of learning or training can run well. Training Media will not exist if there is no learning resource center, according to Oemar Hamalik (1989: 195) center of learning resources is essentially an instution with in the educational institution that serves to provide and serve various media for the learning process. According to Oemar Hamalik (1989 : 195), there are 5 main functions that are generally charged to the Center of Learning Resources, namely:

1. Development of curriculum
2. Development of educational technology
3. Educational technology services
4. Production of hard barber or educational media
5. Development of education media administration.

In making media things that must be considered is the purpose of training, media effectiveness, the ability of learners, the availability of facilities and infrastructure, media quality, cost, flexibility, and ability to use and allocation of time available. Use of Training Media will greatly assist the smoothness, achievement of training objectives. Media Training is one component that can not be ignored in developing a quality teaching system. According to Nana Sudjana and Ahmad Rifai (1992: 2) in Azhar Arsyad (1997: 24) there are several benefits of Training Media can enhance the learning process of students, among others:

a. Teaching will attract more students so that it can foster motivation to learn
b. The training materials will be more obvious to eat so that they can be better understood by the students and enable the students to master and achieve the teaching objectives
c. Teaching methods are more varied, not merely verbal communication through the words by the teacher, so that students do not get bored and the teacher does not run out of energy, if the teacher teaches for every lesson
d. Students do more training activities, because not only listen to the teacher's description, but also other activities such as observing, demonstrating, and others.

Based on the benefits of Media Training above can be concluded that interesting media learning can grow children's intelligence far above normal children. In accordance with the opinion of Sisca Rohmadona (2009: 196) which states that the correct training method and interesting for children, can increase the child's intelligence far above the intelligence of normal children. According to Arif S Sodiman (1986: 28) that the characteristics or characteristics of a media differ according to the purpose or purpose of grouping, namely:

1. Graphics Media Graphics media including visual media. Graphic media serves to deliver messages from source to message recipient. The channel used involves the sense of sight. Includes: drawings/photos, sketches, diagrams, charts/graphs, cartoons, posters, maps and globes, flannel/flannel board, and bulletin boards.

2. Audio Media Unlike the graphics media, audio media is related to the sense of hearing. Includes: radio, tape recorder, and language laboratory 3. Silent Projection Media The silent projection medium (still proyected medium) has similarities with graphic media in the sense of presenting visual stimuli. The obvious difference between them is that if the graphic media can directly interact with the corresponding media message on the projection media the message should be projected with the projector to be visible to the target; firstly. There are times when this type of media with audio recordings, but some are only visual only. Training requires a different sensory mix to absorb the material or information submitted. According to Dale (in Azhar Arsyad (2002: 9) estimates that the acquisition of learning results through the sense of view is around 75%, through the sense of hearing about 13%, and through other senses about 12% .The media to be used in this development research in the form of Media Training monopoly shaped picture.

The Nature of Fencing

Fencing is a sport that can be done by both men and women. In this case Gaugler (1999: 33) explains, "fencing is a sport in which both sexes can participate on equal footing because success depends on skill rather than physical strength". The success in fencing does not lie in physical strength alone, but the skill level of the culprit who is supported by adequate physical ability. According Sucipto and Ramlan (1997: 1-2), in the fencing sports there are 3 types of weapons namely; 1) floret/foil, 2) Degen/epee, 3) sable/saber, each of which has different game and regulatory characteristics between one and the other.

The Nature of Monopoly

Monopoly is one of the most famous board games in the world. The objective of this game is to master all the plots on the board through purchasing, leasing and exchange of property in a simplified economic system. Every player throws dice in turns to move the bottom, and if one players landed in a plot that is not owned by another player, the player can buy the plot according to the price stated. If the plot has been purchased by another player, the player must pay the player the amount of rent already set.

The Concept of Practice while Playing

The element of interest and excitement is very important to be raised in the process of introduction of fencing exercise, especially for elementary school students, the introduction of fencing sports with 3GPS game method to make learners or athlete in following the training process more encouraged. Disclosed by Sukintaka (1992: 1) that the pleasure of the learners is the main capital to create a conducive situation to carry out education or movement learning process. Concept Practice while playing with Media Training is time to do in the training and training process for all sports, especially fencing. Besides being able to spur children more enthusiasm in learning can also facilitate the teacher or trainer in the training process. The purpose of the concept Practice while playing is to spur the motivation of learners to be more active in the introduction process of sports fencing.

The Nature of Character Education and its Achievements through the Training Process

Character is defined as an action that occurs without any more thought because it is embedded in the mind, and can be called by habit. The most important ingredient in character building is the mind, because it contains all the programs that are formed from the experience of his life and is the pioneer of everything. This program then establishes a belief system that can ultimately shape its thinking patterns that can influence its behavior. The embedded program is in accordance with the principles of universal truth, so its behavior goes along with the laws of nature and the result of that behavior brings peace and happiness (Agus Sarengat: 2010). Exercise activity is as a small picture of a person faced with a replica of real life, therefore exercise activity is very potential to carry out moral education, if managed and implemented as well as possible. In support of the pattern of exercise should pay attention to several things related to physical orientation that has a very wide coverage. These include the role of sports teacher and trainer in moral development and make moral development a mindset rather than a finite activity, but must also take into account the role of the victories and the ways in which to learn and teach moral behaviors understood more than just playing in the field and recognizing imperfect traits in character development.

Hellison in Weinberg, Roberts S; Gould, Daniel (2007) created a sports program aimed at helping children cultivate their sense of responsibility as follows:

1) Level 0- Irresponsibility. At this level groups of unmotivated and disruptive children. The job of sports teachers in this case is to control their behavior or even eliminate it so as not to disturb the others

2) Level 1 - Self control. Students at this level are often not participating in learning activities, but they can control their behavior so that students at this level need not be punished out of the classroom. What sports teachers need to do is help them to engage in activities or teach them to appreciate the feelings of others and tell them that their attitudes and behaviors disturb the learning process in school.

3) Level 2 - Involvement. Many forms can be regarded as an engagement in sports lessons and what sports teachers should do is encourage students to be more responsible for their own development and understanding of success.

4) Level 3 - Self direction. This level groups students who can work effectively and independently within the scope of personal development with understandable needs or aspirations. The job of the sports teacher is to make it possible to have the skills needed to work in a stand-up and set realistic goals.

5) Level 4 - Caring (Helping). At this level, the only concern for others is the respect for the fundamental rights of the students. At this level, students are not just focused on their own orientation and have been motivated by their prosocial orientation. The job of a sports teacher in this case is to provide sufficient opportunities for students to work together, provide assistance, show attention, and help others.

Data Analysis

Instrument (questionnaire) used in this study is a questionnaire assessment or response with the form answer "VERY NOT WORTHY", "NOT WORTHY", "WORTHY" and "VERY WORTH". Based on the number of opinions or answers, then researchers menyentasekan each answer using the formula:

$$P = \frac{\text{Jumlah skor yang diperoleh}}{\text{Jumlah skor maksimal}} \times 100\%$$

Information:

P = Percentage

Having obtained a percentage with the formula, then the feasibility of learning media through the game of fencing monopoly in research development is classified into four categories of feasibility as follows:

Table 1. Percentage category of eligibility

No	Score in percentage (%)	Feasibility category
1	0% - 25%	Very Not worth it
2	26% - 50%	Not feasible
3	51% - 75%	Feasible
4	76% - 100%	Very Decent

Feasibility Check from Media Expert

The data shows from the feasibility of the monopoly game design aspect gets 88% percentage, the design aspect of the game raise 88% percentage, the design aspect of the game box raise 88% percentage, so that the average percentage obtained from the assessment by the media expert is 88%. Based on table 1 on the category of eligibility categories with four categories, the assessment of media experts received the category "Very Eligible".

Feasibility Check from the Material Expert

The judging results from the feasibility of the material aspect by percentage material experts obtained from the assessment of 92%. Based on table 1 on the category of eligibility categories with four categories, the expert material judgment gets the category "Very Eligible".

CONCLUSION AND SUGGESTION

Based on the above discussion, it can be concluded from this research that:

1) Product of 3GS Based Training Media (Triple Game Set); monopoly, snake ladder and fencing puzzle, Snake Ladder and Fencing Puzzle In Character Education Efforts The Beginner Athletes in introducing and as a medium of leisure training during the training process as well as a media in the fostering character education of sports fencing for athletes cadets of beginners, cadets, juniors have been developed in accordance with the training media development procedures which include: (a) field and preliminary study through observation to stakeholders, (c) Focus Group Discussion (FGD) and Focus Group Interview (FGI) with experts , (d) Analysis of inputs, (e) preparation of the 3GS Based Training Media (Triple Game Set); monopoly, snake ladder and fencing puzzle, In an effort to plant Character Education at Athletes Cadet Athletes and Cadets in Yogyakarta Special Region, (f) Product feasibility Checking (prototype), (g) product finalization (Prototype).

2) Feasibility of media product of leisure training during training process and as media in fencing character education through Media Training Based on 3GS (Triple Game Set); monopoly, snake ladder and fencing puzzle, Snake Ladder and Fencing Puzzle In Character Education Efforts In Beginner Athletes viewed from the aspect of media material, media design aspect, as well as from material aspect, overall included in the category of "Very Eligible "which means that media is suitable to be used in introducing and as a training media for spare time during the training process as well as a media in fencing character education.

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