Available online at: http://journal.unj.ac.id/unj/index.php/gjik
Gladi: Jurnal Ilmu Keolahragaan, 16 (02) 2025, 228-217
Permanent Link/DOI: https://doi.org/10.21009/GJIK.162.07

THE RELATIONSHIP BETWEEN THEORY AND PRACTICE LEARNING ON SHOOTING LEARNING OUTCOMES IN FUTSAL GAMES

Alfian Arief Hidayatullah[1], Topo Yono[2], Herma Difitriyani[3]

[1] Physical Education, Faculty of Teacher Training and Education, Muhammadiyah University Jember. JL. Karimata No. 49 Sumbersari Jember 68124

Corresponding author. Email **:** arifalfian623 @gmail.com

(Submission Track: Received: 03-26-2025, Final Revision: 04-12-2025, Available Online: 04-24-2025)

Abstract. Education is something that must be embedded in humans. One way to obtain education is through school. Schools are institutions that provide various types of education such as knowledge, character, morals and so on. Physical Education is one of the education to improve the quality of humans who have noble character, are intelligent and physically and mentally healthy in humans. The world of education in school educational institutions cannot be separated from the learning methods provided so that the knowledge conveyed can be well received by educated students. This study aims to examine the relationship between theoretical learning and the relationship to the results of shooting learning in futsal games on the learning outcomes of students at Nogosari 06 Elementary School. The population in this study were students at Nogosari 06 Elementary School with a research sample of 14 fifth grade students. This study is a correlational research with a survey method. The results obtained from this study indicate that there is a positive and significant relationship between theoretical and practical learning on the learning outcomes of students at Nogosari 06 Elementary School. In addition, the theoretical learning method has a stronger relationship than the practical learning method on the learning outcomes of students at Nogosari 06 Elementary School. Therefore, it is recommended that teachers in charge of PJOK subjects pay more attention to how to practice existing theories so that they are easier for students to understand.

Keywords: theory and practice; futsal; shooting; physical

Copyright © 2025 Alfian Arief Hidayatullah, Topo Yono, Herma Difitriyani
This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License

INTRODUCTION

Education is fundamental aspects that must be owned every individual. In addition, education play a role as one of the means For increase quality life someone (Rachmawati 2025). In a way general education can interpreted as effort planned use create supportive learning environment and process development potential students, good from spiritual and physical aspects personality, so that can give benefit for society. In other words, education is a learning process that aims for participants to educate can understand the material provided and able to think (Sinambela 2017).

School as institution formal education provides various eye lessons, one of them is Physical Education, Sports, and Health (PJOK). Subjects This functioning as means for develop skills motor, improve ability physical, as well as to plant knowledge and attitude sportsmanship. Through the PJOK learning process , students can build habit life Healthy as well as to form good character , good from mental, emotional , spiritual and social aspects (Alfajri 2024). Physical education, sports and health (PJOK) is a subject in schools starting from Elementary school, middle school, high school, which education? This prioritizes physical activity and knowledge about healthy living in order to form a harmonious physical, mental, social and emotional body. PJOK is a learning activity process that has a goal through learning and activities physical (Djoyonegoro 2020). Develop skills motion participant educate optimally in PJOK learning activities, students are expected to be able to understand the teaching material well so that when it is implemented, students do not have difficulty and can carry out all movement skills. base with good (Abdurrochim 2016).

Learning is a learning process in which there are interactive activities between teachers and students that produce reciprocal communication in educational situations to achieve the expected learning goals. Learning is an activity that is designed instructionally and programmed by teachers to create effective teaching and learning activities and emphasizes the use of learning resources (Fitria 2023). Learning requires the essence of planning and design by teachers as an effort to teach students. Related to some of the definitions above, learning can be interpreted as a learning process carried out between teachers and students in order to create an interaction so that the learning process becomes effective. Learning is a learning process that cannot be separated from the role of a speaker or educator (Arifin 2023).

Physical education learning is a teaching and learning activity that is oriented towards developing the potential of students as a whole by paying attention to the characteristics of student growth and development, principles of learning movement, materials, objectives, practice methods and evaluations. So that a relevant theory is needed to explain learning materials related to methods in practicing movement according to the teaching material (Sri 2022).

Practical learning is a learning method with the process of providing material using tools and objects that are directly used and demonstrated with the aim of understanding that is easier to understand and practice by students according to the instructions given. So, it can be concluded that theoretical learning is learning that contains explanatory materials about the objectives and guidelines studied. Practical learning is a method of deeper understanding of the material studied using tools or movements. Learning outcomes are changes in behavior that can be observed and measured through differences in attitudes, knowledge, and skills (Setiawan 2017).

This change is a process where students who initially did not know become aware of something they have previously learned. Thus, learning outcomes can be realized in the form of student achievement expressed through numbers or scores after taking a final test in a learning process. The value obtained functions as an indicator to measure the extent to which students are able to understand a particular subject matter (Bistari 2018). Futsal is a ball game played by two teams, where each team consists of five players on the field. The main objective of the game is to score goals by putting the ball into the opponent's goal (Johanna 2019).

METHOD

In this study, the researcher used quantitative research with a survey method using a correlational research design that aims to determine whether or not there is a relationship or correlation between independent variables, namely theoretical and practical learning with dependent variables, namely student learning outcomes. The research was conducted at Nogosari 06 Elementary School. The population in this study were fifth grade students of Nogosari 06 Elementary School. While the sample in this study used the stratified random sampling technique which was a representative of class V from Nogosari 06 Elementary School, namely class V as many as 14 students. The

instrument used was a response questionnaire by adapting statements that describe the level of student understanding of the material and the level of student ability in practicing according to the theory explained. The instrument contains several questions about the level of student understanding such as futsal game rules, basic futsal game techniques, and the facilities used in futsal games totaling 10 questions. The test is filled in by checking the test sheet according to the student's understanding. The research instrument was retested by the researcher with the results of the validity and reliability test count> r table. To find the value of r table can be seen in the formula df = n-2. So, the value of r table is with df = 79 and a significance of 0.05. So, the statement item or indicator can be said to be valid if the correlated item total value> 0.1841. The following is a table of the results of the validity test of the research instrument in this study:

Table 1. Validity Test Results

No	Question	r-count	r-table	Description
Theoretical Learning				
1	XI.1	0.755	0.184	Valid
2	XI.2	0.793		Valid
3	XI.3	0.544		Valid
4	XI.4	0.663		Valid
Practical Learning				
5	X2.1	0.666	0.184	Valid
6	X2.2	0.701		Valid
7	X2.3	0.742		Valid
8	X2.4	0.679		Valid
Learning Outcomes				
9	Y1.1	0.272	0.184	Valid
10	Y1.2	0.195		Valid

The dependent variable used is the interpretation of the scores obtained by students in the theory and practical exams of the Physical Education subject using intervals 1-4.

Table 2. Interpretation of Student Learning Outcomes

Interval	Predicate	Conversion results
100-94	Very satisfactory (A)	5
93-87	Satisfactory (B)	4
86-80	Sufficient (C)	3
79-73	Less (D)	2
>73	Very Less (E)	1

The analysis conducted in this study was a validity test, normality test, and correlation test (relationship test) using SPSS 18 for Windows.

RESULTS AND DISCUSSION

Based on the data obtained, the researcher will analyze, present and explain the research results.

Table 3. Description of Student Learning Outcome Data

Variabel	Mean	SD	Min	Max	N
Knowledge	88.57	4.450	80	98	14
Skills	88.31	3.999	80	96	14

Based on the data description above, it is explained that the highest average value achieved by the sample, namely from the knowledge variable, was 88.57 with a maximum value of 98 and the minimum value obtained by students was 80.

Table 4. Normality Test Results

Variabel	**The value of sig.**	**Information**
Understanding of theory, practice and learning outcomes	0.200	Normal

Based on the table, it is known that the significance value of the normality test is 0.200, which indicates that the results are greater than 0.05. So that the data used in this study are normally distributed. Furthermore, a relationship analysis was carried out using the Pearson correlation test to determine the relationship between theoretical and practical learning and shooting learning outcomes in futsal games.

Table 5. Correlation Test

Variabel		R Value	Sig.	Information
X	Y			
Theoretical learning	Learning outcomes	0.789	0.000	Significant
Practical Learning	Learning outcomes	0.396	0.000	Significant

From these results, it can be seen that there is a relationship between theoretical learning and practical learning with the results of futsal shooting learning in students of Nogosari 06 Elementary School, as evidenced by the significance value obtained by the researcher >0.05. In addition, these results indicate that the magnitude of the product r moment if <0.599 means that the two variables are low correlated, while if the product r moment> 0.599 then the two variables are highly correlated. These results support that educators play an important role in explaining the theory to carry out practice, in addition,

the teacher's previous knowledge has more influence and role in learning. This opinion also supports the results of this study that theoretical and practical learning have a significant relationship of 0.812, where these results show that these two variables are highly correlated because the value is> 0.599. From the results obtained, it is known that the theoretical and practical learning methods regarding the technique of kicking the ball, namely shooting, have a significant relationship with learning outcomes in students of Nogosari 06 Elementary School. In addition, theoretical learning has a significant relationship with shooting learning outcomes in students of Nogosari 06 Elementary School. This is because theoretical learning has more definite answers when conducting exams or tests compared to practical learning. In accordance with research conducted to achieve consistent practice requires learning according to the practical tasks to be carried out. So, when the understanding of the theory of kicking the ball (shooting) technique is in accordance with the explanation of the paragraph, of course the learning outcomes or grades obtained will also be good. While the learning outcomes through the practical method are more about the opinions of the assessors.

CONCLUSION

After the researcher collected the data and analyzed it, the researcher concluded that there was a positive and significant relationship between theoretical and practical learning on the learning outcomes of students at Nogosari 06 Elementary School. In addition, the theoretical learning method had a stronger relationship than the practical learning method on the learning outcomes of students at Nogosari 06 Elementary School. Nogosari 06 which is proven by a significance value of <0.05.

.

REFERENCE

Abdurrochim. 2016. “Development of Handball Game Model for Upper Elementary School Children.” *Journal of Sports* 4(1): 60. doi:10.21831/jk.v4i1.8136.

Alfajri. 2024. “The Role of Sports Teachers in Encouraging Student Interest in Sports and Physical Activities at SMP Muhammadiyah Al Mujahidin.” *UMJ Journal* : 2120–28.

Arifin. 2023. “Implementation of Direct Teaching Learning Model to Improve Student Learning Outcomes in Physical Education Learning on Specific Movement Material of Basketball Game in Class VII-G Semester 1 of SMPN 1 Bolo in the 2022/2023 Academic Year.” *Indonesian Journal of Education and Learning (JPPI)* 3(1): 69–82. doi:10.53299/jppi.v3i1.311.

Bistary. 2018. "Concepts and Indicators of Effective Learning." *Journal of Learning and*

Scientific Studies 1(2): 13. doi:10.26418/jurnalkpk.v1i2.25082.

Djoyonegoro. 2020. "The Relationship between Theory and Practice Learning and Shooting Learning Outcomes in Futsal Games." *Journal of Sports and Health Education* 8(3): 131–36.

Fitria. 2023. "Management of Islamic Education Learning Media Management." *Islamic Education: Journal of Islamic Education* 12(3): 2239–52. doi:10.30868/ei.v12i03.4660.

Johanna. 2019. "The Effect of Speed Training on the Dribbling Speed of Junior Futsal Players of Fc Patriot Penjaskesrek Unpatti Ambon Johanna." *Scientific Journal of Wahana Pendidikan* 5(2): 101–13. doi:10.5281/zenodo.2781801.

Rachmawati. 2025. "The Role of Science in Realizing a Noble Life: Islamic Perspective, the Thoughts of Ibn Qayyim and Al-Ghazali, and Their Implications in Worldly and Hereafter Life." : 225–36.

Setiawan. 2017. "Learning and Learning Learning and Learning Objectives." *Uwais Inspirasi Indonesia* (August): 200. https://www.coursehero.com/file/52663366/Belajar-dan-Pembelajaran1-convertedpdf/.

Sinambela. 2017. "Lecturer Professionalism and Higher Education Quality." *Populis: Journal of Social and Humanities* 2(2): 579–96. doi:10.47313/pjsh.v2i2.347.

Sri. 2022. "Learning Strategy of Early Childhood Islamic Education (PIAUD) for Teachers and Parents in Improving the Quality of Students' Understanding." *Al-Ishlah: Journal of Islamic Education* 20(2): 149–58. doi:10.35905/alishlah.v21i2.2630.