Improving Learning Outcomes of Rhythmic Gymnastics with Tiktok Application Media (Classroom Action Research on Class IV Students of SD Negeri 7 Tebing Tinggi School Year 2022/2023)

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Abstract

Through rhythmic gymnastics material, it is hoped that students can develop movement skills, physical fitness and creativity. After following a series of learning processes, in class IV of SD Negeri 7 Tebing Tinggi, student learning outcomes were still less than optimal. So action is needed by utilizing interesting and varied learning media to increase student attention. By utilizing TikTok media as a learning medium, it is believed that the learning process will be more interesting and can improve student learning outcomes. The scope of the problem in this research is limited, namely, rhythmic gymnastics material in class IV of SD Negeri 7 Tebing Tinggi, use of the TikTok application media, student learning outcomes, research variables, research design, population and sample, research instruments, and data analysis techniques. This research method uses the Classroom Action Research method which is often called Classroom Action Research (PTK). The data analysis techniques used in this research will be adjusted to the type of data obtained. With the aim of describing data from observations and documentation, as well as analyzing data interactively and continuously, by connecting data from various sources to produce research findings. After data analysis is carried out, the use of the Tiktok media application can improve student learning outcomes in rhythmic gymnastics material. Research shows that there is an increase in the average value of rhythmic gymnastics learning outcomes from cycle I to cycle II. This is proven by the results obtained from the 25 students who took the cycle I test, there were 9 students have achieved the KKM score and 16 students have not achieved the KKM score with the average learning outcomes as of SAR 61.8 with a completion percentage of 36%. Meanwhile, in cycle II there was a significant increase where 23 students had achieved the KKM score, while there were 2 students who did not reach the KKM. The average learning outcome in cycle II activities was 83.4 with a completion percentage of 92%. The results of the research show that the TikTok application media can increase the interest in learning and learning outcomes of class IV students in Rhythmic Gymnastics at State Elementary Schools. 7 High Cliffs Even Semester of the 2022/2023 Academic Year in the eyes of Physical Education, Sports and Health (PESH).

A. Introduction

In accordance with the information outlined in (detikcom, 2023) , stated that based on the results of the educational quality survey conducted by the Program for International Student Assessment (PISA) eh Organization for Economic Co-operation and Development (OECD) literacy, mathematics and science skills of students in Indonesia increased by 5-6 positions compared to 2018. "Thank God, Indonesia's ranking in PISA 2022 has risen by 5-6 positions compared to 2018," said Minister of Education and Culture Nadiem Anwar Makarim in the PISA 2022 Release agenda which was broadcast on the Indonesian Ministry of Education and Culture's YouTube, Tuesday (12/5/2023).

The current condition of education in Indonesia still has several challenges, although there are efforts to improve the quality of education, in Indonesia There are still challenges in terms of learning quality. With the COVID-19 pandemic, it has had a significant impact on our education in Indonesia. Many children experience dropping out of school and learning from home. So educational policies are needed that must be able to adapt to school conditions even though currently they do not consider COVID-19 risk zones as a reference.

We look again in the mirror at access to education, we can notice that the figures for educational participation in Indonesia have not yet reached target. (Direktorat Statistik Kesejahteraan Rakyat, 2023) The success of the Compulsory Learning program implemented by the government can be seen from the achievement of School Participation Rates (APS) for the 7-12 year and 13-15 age groups. year which was above 95 percent. Meanwhile, the APS population for the 16-18 year old and 19-23 year old age groups was recorded at 73.42 percent and 28.96 percent. The difference in APS achievements in the top (Quintile 5) and bottom (Quintile 1) expenditure groups becomes increasingly visible as the category increases. age group. (Direktorat Statistik Kesejahteraan Rakyat, 2022) Meanwhile, our educational infrastructure is still not adequate, where after approximately two years there is no learning process at the school. Various recovery efforts have been carried out, including in terms of providing educational facilities and infrastructure. In the 2021/2022 academic year, the school's educational infrastructure has experienced progress. The number of primary and secondary schools has increased compared to the 2020/2021 academic year. School zoning regulations result in limited state schools accepting students from outside the school zone. In the last year more than 1,000 new private schools were registered with the Ministry of Education and Culture.

The quality of human resources is an absolute requirement for achieving development goals. One way to improve the quality of human resources is through education. Through the educational process, every individual knows, absorbs, inherits and incorporates into himself the elements of culture is in the form of values, and knowledge that is very necessary to face the environment. According to (UU No 20 Tahun 2003 Tetang Sistem Pendidikan Nasional, 2003) "Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential and basically to have spiritual power, religion, self-control, personality, intelligence, noble morals, as well as skills needed by himself, society, nation and state.

Physical education is an integral part of overall education which uses physical activity as a medium to achieve goals. The aim of physical education is not only to develop physically, but also to develop mentally, socially, emotionally and intellectually. So in (Winarno, 2006) stated that to achieve these goals a certain approach is needed, in accordance with the characteristics of the field of study. Systematic learning is one form of approach used, and in physical education the systematic learning used includes: preliminary stage, core lesson study, and closing stage. The effectiveness of physical education learning can be analyzed through the high average learning time followed by the low waiting time.

Physical Education, Sports and Health (PESH) is often considered as a lesson that is not too important compared to other academic subjects. This causes an impact on the learning process. According to the students, PESH is a lesson that is considered to be an enjoyable lesson, and a lesson that makes them enthusiastic about doing some things. ateri, namely game material. Meanwhile, other learning materials are considered to be additional materials that make up one of the main gymnastics materials. ama.

During this time, learning activities are carried out using a method that involves listening to the teacher's words, students note what they are saying. delivered by the teacher, and many memorize the sequence of movements only, and the sequence of movements which are then revealed again when answering the questions. al test and practice the memorized movements through the movements shown teacher manually. Ongoing learning tends not to involve the development of student knowledge where the teacher dominates learning (teacher centered).

These learning situations and conditions cause students to be passive in teaching and learning activities. a learning that is expected has not been realized, in other words, learning that is boring, so that it results in learning outcomes teach rhythmic gymnastics material in low corner lessons. This is reflected in the results of initial learning, initial observation , learning outcomes wa at the time of evaluation after the lesson ended only reached an average value of 61.8 on the material provided taught, while the KKM at SD Negeri 7 Tebing Tinggi, a minimum of 70 is the value achieved still under KKM.

Through observing learning in class, several pieces of information were found, namely that students' learning outcomes and interest were very low in following rhythmic gymnastics material. This needs to be studied in more depth, the cause of this problem, so research is deemed necessary to find out how to improve the learning outcomes of class IV students at SD Negeri 7 Tebing Tinggi in the same eye rhythm gymnastics material. PESH learning is still low; and how is the effectiveness of the TikTok application learning media in learning PESH class to help students learn gymnastics material?.

Learning is an activity that involves a person in trying to gain knowledge huan, skills and positive values by utilizing various sources to learn. In implementing pedagogical abilities, teachers are required to have methodological abilities in terms of teaching and learning. n implementation of learning. This includes mastery in the use of learning media.

In general, elementary school students are in the age range of 6-13 years, at this age, attitudes begin to emerge. social and democratic in children, where they need to understand and understand their needs to understand meta teaching subjects he studied, as Asep Saefudin and Rina Rindanah in m (Busyaeri et al., 2019) states that children learn attitudes or feelings in three ways, namely 1) Imitating people they know. see children as people with authority (both directly and through television media); 2) Gathering a combination of experiences in his life situations; 3) Deep emotional experience.

Next Kozma, Belle & Williams in (Kristanto, 2019) stated that "Media can be defined by its technology, symbol systems and processing capabilities. The obviouss characteristic of a medium is its technology, the mechanicaal and electronic aspe cts that determines its function, and to some extent, its shape and other physical features ". (Media can be defined from its technology, symbol system and processing capabilities. The most prominent characteristic of the medium is technology its design, mechanical and electrical aspects that determine its function, and in certain cases regarding the shape and physical appearance others.

Learning media is an important factor in improving the quality of learning. This is due to technological developments in the field of education which demand efficiency and effectiveness in learning. To achieve optimal levels of efficiency and effectiveness, one of the efforts that needs to be done is to reduce, even if necessary, eliminate the dominance of the verbalistic lesson delivery system with How to use learning media . As (Kristanto, 2019) revealed that there are two reasons why learning media are used, first, because of need (demand), as we know in all life increasingly complex, so the things that need to be learned also become more complicated, therefore the process of studying them also becomes It's getting more complicated. Here the media can help simplify complicated concepts so they can be understood easily. Second, nowadays the availability of media (supplies) is increasingly diverse, as a result of technological advances in all fields.

Every child is a unique individual (different from one another), so as far as possible the teacher provides treatment that is in accordance with the child's characteristics. each student. In this way, it is hoped that teaching activities will actually result in learning activities for each student. This can be done if the teacher tries to use various learning sources in a varied manner and gives students as many opportunities as possible to interact with these sources. learn what is available. The thing that needs to be considered is, in order for learning activities to occur for students, students must actively engage in interaction with and various learning resources. Changes in behavior as a result of learning are only possible if there is interaction between students and learning resources.

(Kristanto, 2019) explains that the function of learning media is 1) The delivery of learning messages can be more standardized, where in the learning media The delivery of material between one teacher and another is the same, there are no gaps in the messages taught by each teacher; 2) Different interpretations can be avoided, to avoid and reduce the occurrence of information gaps between students wherever you are; 3) The learning process becomes clearer and more interesting, because it is believed that the media can display information through sound, images, movement and color, both natural and manipulated, thus helping teachers to create a learning atmosphere that becomes more lively, not monotonous and not boring n; 4) Improving the quality of student learning outcomes, because learning media can help students absorb learning material deeper and more complete. If you just hear verbal information from the teacher, students

will not understand the lesson, but if you do it with the activities of looking, touching , feel and experience for yourself through the media students' understanding will be better; 5) Media can foster positive attitudes in students towards material and the learning process, to encourage students to explore science and n likes to search for sources of knowledge himself; and 6). Changing the role of teachers to a more positive and productive direction, where teachers can share roles with the media so that they have more time to pay attention to other educational aspects, such as helping students with learning difficulties, forming personality, motivating learning, and so on.

Learning media is one of the learning components that has an important role in teaching and learning activities. The appropriate use of learning media can influence the quality of the process and the results obtained . Munadi in (Nurdyansyah, 2019) defines learning media as "anything that can convey and channel information from social sources planned methods so that a conducive learning environment is created where students can carry out the learning process efficiently efficient and effective.

Furthermore, according to Smaldino in (Nurdyansyah, 2019) interprets it as "the storage of visuals and their display on television image recording and display on the television screen). Video is the most appropriate and very accurate means of conveying messages in audio-visual form. The video will really help students' understanding and education. Students prefer to use video to learn language through showing films or entertainment in the classroom. From this definition, it can be said that video is related to what can be seen, mainly live images. (moving; motion), the recording process, and broadcasting which of course involves technology.

A social media platform called TikTok allows users to make and share long-form videos (Zhang et al., 2019). TikTok is a social media platform that allows users to share videos and is quickly gaining traction (Fiallos et al., 2021). Users on Tik Tok create 15- to 60-second videos in which they typically dance to music (Logrieco et al., 2021). An increasing number of people are using TikTok videos to teach others various skills, such as tattooing, cooking, athletics, sketching, and technical and practical directions, as well as to share artistic content (Khlaif & Salha, 2021). Escamilla-Fajardo et al states, due to its good educational potential and the way that TikTok's music and movement complement the expressive and creative content of the course, it is advised that the app be used as a teaching-learning tool in the sport science bachelor's degree program's physical expression classes (Escamilla-Fajardo et al., 2021). Adel further stated, besides the strategy of utilization and idealization, the use of the TikTok application can be useful as a tool in the learning process and ng interactive and interesting (Adella Aninda Devi, 2022). With its ease of use and diverse functions, the TikTok application can be applied to learning activities. Interactive learning tools or media can show what has not been provided by educators and the learning process is it's more efficient and effective. With the TikTok application, educators are able to easily create learning processes that attract the attention of students. To find out the effectiveness of using the TikTok application in improving students' learning outcomes and education, it is hoped that do further research. Looking at research that has been carried out previously, it is clear that:

(Handrini A, 2021) The effectiveness of the TikTok-based online learning model states that the Tik Tok application used as a learning medium has not been fully effective. Parents assess that the Tik Tok application used in their children's learning is mostly used for playing during learning hours. Furthermore (Widya, 2022) Using the Tiktok Platform as a Learning Media to Increase Students' Understanding of Local Potential in Mentarang District states that the characteristics of the Tiktok platform media used by teachers and students are very helpful in online learning process activities through the use of various features available on the platform TikTok includes hashtag features, comment features, like features, music features and text features which are used in online learning to help convey learning material information. Likewise (Hedara Putri, 2023) revealed that the influence of using the Tiktok application as a digital learning resource in the implementation of problem based learning on student learning outcomes in design work subjects at SMK Negeri 5 Malang explained that the findings obtained from this research showed that there were no differences in post-test data Mann-Whitney test. In other words, the use of the TikTok application does not affect student learning outcomes.

Learning is believed to better describe the teacher's efforts to make his students learn. Learning activities will be meaningless if they do not produce learning activities for the students. Learning activities can only be successful if learning is carried out actively. A student cannot yet be said to have studied just because he is in the same room as a teacher who is smiling. teach. As Kemp & Dayton in (Hasan et al., 2021) divides the function of learning media for individuals or groups into 3 (three) namely the first is capable of motivating interest or action in the form of presentation in the form of drama or entertainment which aims to be able to influence the actions and emotions of students, both media are able to present general

information concisely introduction, background and reports, presentations in the form of entertainment or motivational techniques and the three media aim at instruction, providing a role for the participants mentally.

In order to utilize learning resources more widely, it is necessary for a teacher to first understand several qualifications. which can refer to something to be used as a learning resource in the teaching process. As Kokom Komalasari said in (Gunawan, 2019) says that teachers need to use various learning sources in learning for reasons (1) Not all students The learning is the same, (2) Reading the abilities of different students requires different learning resources, (3) Each media has its advantages and limitations. skill in conveying the message, (4) The materials to be studied are varied, (5) The use of various media will motivate students (6) different learning sources can provide different in-depth understanding .

In selecting, utilizing and using learning media, a person is expected to be able to do so, because this is very important, as stated in (Setiawan, 2022) that it will be difficult for an educator to convey the material and make the students easily able to grasp and understand the teaching material presented. there are no media or tools used for teaching. However, the learning media used by educators, teachers or teachers must be in accordance with the students' abilities in learning. understand the media used, or in other words must be able to choose, determine, and appropriately adapt the learning media that will be used in the process learning. Apart from having to be appropriate to the material to be delivered, the learning media must also really be able to attract the attention of students and students to be willing and interested. be enthusiastic in learning so that the objectives of learning in the delivery of material can be achieved well, as well as awakening students from boredom when carrying out the teaching and learning process .

Learning facilities in this modern era seem to be adapted to technological advances. This research intends to explain the use of the TikTok application as a learning medium. A qualitative descriptive research design was used in this research. The TikTok application is the main topic in this research, with discussion regarding the use of the TikTok application as a medium in the learning process. This information was collected using a descriptive analysis method using research facilities in the form of journals. As (Adella Aninda Devi, 2022) explains in her research. The results of the research state that, apart from utilization and idealization strategies, using the TikTok application can be useful as a means of an interactive and interesting learning process. With its ease of use and various functions, the TikTok application can be applied to learning activities. Interactive learning tools or media can show what has not been provided by educators and the learning process becomes more efficient and effective. With the TikTok application, educators can easily create a learning process that attracts students' attention. To find out the effectiveness of using the TikTok application in improving learning outcomes for students, it is hoped that further research will be carried out.

Based on the problem of whether the learning outcomes of students on rhythmic gymnastics material are still low, action needs to be taken to improve address this problem through Classroom Action Research, with the title Improving Learning Outcomes of Rhythmic Gymnastics with Tiktok Application Media (Classroom Action Research on Class IV Students of SD Negeri 7 Tebing Tinggi School Year 2022/2023).

B. Research Methods

This research uses actions using the Classroom Action Research Method or what is called Classroom Action Research (PTK). In this research, more emphasis is placed on the research process or actions, therefore whether the research is successful or not can be assessed. hat of the research action process. As Kasbolah says in (Asrori & Rusman, 2020) states that, the characteristics of classroom action research have 1) Class action research is carried out by the teacher himself i. 2) Classroom action research departs from factual practical problems. 3) Class action research is the existence of actions that need to be carried out to improve the teaching and learning process in the class concerned. 4) Class action research is collaborative. Next (Ritonga et al., 2021) explains that action research is widely used to describe the process of investigation and inquiry carried out with the intention of changing practical practices. professional or social institutions through active and transformational participation in this work in a specific setting in the research process. The main goal of most action research projects is the generation of knowledge between people in an organization or institutional setting that can be acted upon – can be used. as a basis for conscious (intentional) action. In action research the traditional relationship between the researcher and the subject of his investigation is blurred. The knowledge generated is empowered in changes in practice and awareness of researchers/practitioners. This form of research seems especially appropriate for teachers who are professionally responsible for change through learning.

According to Kurt Lewin in (Asrori & Rusman, 2020) Action research has cycles. One cycle consists of (four) steps, namely, 1. Planning. 2. Action or actions (acting). 3. observation (observing), 4. Reflection (reflecting).

In this study, the subjects of the research were class IV students at SD Negeri 7 Tebing Tinggi, Even Semester, Academic Year 2022/2023 which consists of 25 students with a composition of 15 male students and 10 female students. The reason for choosing class IV as a research subject is because of the characteristics of students who are already starting to get rhythmic gymnastics material and know about physical fitness. that is used.

The research was carried out in two cycles, where Cycle I was carried out on Friday, October 13 2023, while Cycle II was held the action will be held on Friday, October 20 2023. Meanwhile, the classroom action research location will be held at SD Negeri 0 7 Tebing Tinggi, Empat Lawang Regency, Province South Sumatra, class IV students, even semester, academic year 2022/2023. The reason SD Negeri 7 Tebing Tinggi is a place of research is because the school has the right characteristics. i with research.

Arikunto in (Sudirman Burhanuddin, 2020) put forward an action research model with a different chart, but in general terms there are four stages that are commonly passed, namely (1) planning, (2) implementation. (3) observation, and (4) reflection. The models and explanations for each stage are as follows:
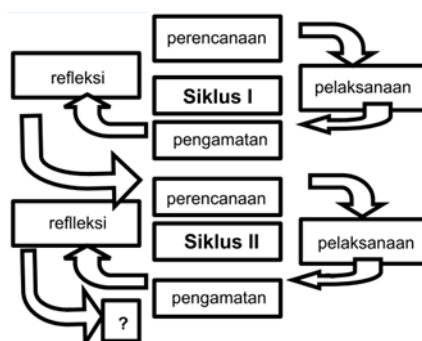

Figure 1. Arikunto's Classroom Action Research Model in (Sudirman Burhanuddin, 2020)

The explanation of each research stage is 1) Planning, where to take action. Identifying problems regarding student learning outcomes; b. Problems that have been identified are analyzed and then concluded; c. Plan more appropriate actions based on problems found in learning by preparing a Learner Implementation Plan instructions (RPP), research instruments, guidelines for observing teachers' teaching activities, and guidelines for observing students' learning activities; 2) Implementation of Actions, carrying out learning process actions in the classroom by using the method design and lesson plans that have been designed in the previous stage. At this stage, collaboration is carried out with colleagues who act as collaborators; 3) Observation or observations, carrying out observational actions to obtain accurate data for improvement in the next cycle . Observation is intended as an activity of observing, excavating, and documenting all symptoms of indica tors that occur during the research process. Where the collaborator is the learning activities of student learning and teacher teaching activities and the learning that is used by using the tiktok application as it is the same and 4) Reflection, carrying out activities to bring back what has been done. The results obtained from observations are collected and analyzed together with researchers and collaborators, so that it can be known whether the activities that have been carried out are successful. what goals are expected or still need improvement. After carrying out the analysis in cycle I, the research was continued to cycle II because the indicators of success had not been achieved. Based on reflection on the results of cycle II, only 2 cycles were carried out, because the success indicators were in accordance with what was expected. tidy up.

All research data will be analyzed to describe how the role of the Tiktok media application improves the learning outcomes of fourth grade students at SD Ngeri 7 Tebing Tinggi on rhythmic gymnastics material. This action is carried out as (Suparyanto & Rosad, 2020) states that the data collected will be analyzed qualitatively and quantitatively. Data from observations and daily notes will be analyzed qualitatively, while data regarding student learning outcomes will be analyzed quantitatively using descriptive statistics.

The data collection techniques used in the research are as follows: 1) Data regarding the increase in mastery of the material is taken and tested at the end of each cycle, the test for each cycle is made by the author in collaboration with the fourth class teacher ; 2) Data regarding student activity, motivation and interest in

participating in the learning process taken through observation during learning ; 3) Data regarding the implementation of actions is obtained from student responses written at the end of the cycle. This is considered important because it is a measurement tool and guide for researchers in collecting and evaluating data. Tools can vary in complexity, interpretation, design and administration. Each tool is suited to collecting a particular type of information, so it must be selected to provide the data sought to test the hypothesis. esis. It is possible that existing research tools are not fit for purpose in some situations, so researchers must modify them. a or make your own. This is explained in (Hardani, 2022) can carry out activities 1) Observations made on teachers and students in the learning process during the research. Observation of the teacher's learning process is seen from each stage of learning, namely the suitability of the learning stages with the l-steps the number of image media applied. Meanwhile, observation of students' learning activities is seen from the learning process which includes learning students pay attention to the teacher's explanation, students actively ask questions during the learning process, students are involved in using learning media and students do assignments given by the teacher; and 2) This learning outcomes test is to determine student learning outcomes using image media. This learning outcomes test consists of a written test and an oral test. Written tests in the form of objective tests and essay tests are carried out at the end of each cycle. Meanwhile, oral tests are carried out at each meeting in the form of questions and answers either at the end or during the learning process.

(Haryanto, 2020) explains that the data collection instrument used in research can use 1) Observation Sheet asi; 2) Study results test; 3) Questionnaire; and 4) Document Inspection. Of these four instruments, they can be utilized according to their function, but in this PTK, only data support is carried out. is by the action of the Observation Sheet, and the student's Study Test. Next Soly Abimanyu states that Class Action Research (PTK) is an appropriate research technique (Abimanyu, 1995). With PTK, teachers can improve learning to be more effective. Therefore, PTK should not interfere with the teaching and learning process as scheduled in the school calendar. Teachers do not need to change the routine schedule in classes that have been planned only for PTK. PTK must be in line with routine plans as a teacher in implementing learning. The implementation of PTK should not be an additional burden that is heavier for the teacher, but instead it should be carried out as a matter of course. integrated into daily learning activities in class. Therefore, PTK problems should be on a small and limited scale that can be observed in activities learning.

The data obtained in this research are qualitative data and quantitative data, where 1) Qualitative data obtained from the results observe the learning process, and document the results of the learning process; Meanwhile 2) Quantitative data is obtained from the results of student learning tests at the end of each cycle. This data is obtained from this, in this time, IV IV Elementary School is 7 high, and colleagues as well as acting as a kllangborrr.

The data in this research are in the form of observation sheets for teachers and students, and learning outcomes tests. The data that has been obtained is then presented using qualitative descriptive analysis techniques. According to (Zuchri Abdussamad, 2021) Qualitative descriptive, namely a method of describing facts or facts the act is in accordance with the data obtained with the aim of knowing the learning achievement of the student as well as to Obtaining student feedback regarding student learning activities and activities during the learning process learning. Data analysis techniques used in determining the level of student success after the learning process jar is carried out by providing an evaluation at the end of each cycle. The analysis is calculated using simple statistics, namely:

Completeness of Individual Learning :

$$p = \frac{\sum \text{the score obtained by the student}}{\sum \text{maximum score}} \times 100\% \tag{1}$$

Classical Learning Completeness :

$$p = \frac{\sum \text{students who completed learning}}{\sum \text{students}} \times 100\% \tag{2}$$

Assessments in the context of activities can be carried out to obtain, analyze and interpret data from the process The results of student learning are carried out systematically and continuously so that they can develop provide meaningful information to make a decision. This is the one of the success of the success, the competence is the one that is determined I have a lot of time (SK), it will be I have to in students are Graduate Competency Standards (SKL). Learning outcomes assessment can be used with various assessment instruments in the form of tests, monitoring, individual or group assignments, and other forms in accordance with the characteristics of the competition level and level of development of students. The results of the educational assessment of knowledge and skills by the teacher are presented in the form of

numbers or description. If there are students who have not yet reached the Minimum Competency Competency (KKM) they are asked to take part in remedial learning.

This was stated (Parsa, 2017) that evaluation is very useful for improving the quality of learning processes and outcomes. The importance of evaluation in learning can be seen from the objectives and functions of evaluation as well as the learner system the advice itself. Evaluation cannot be separated from learning, so teachers inevitably have to carry out evaluations learn. Through evaluation, teachers can see the level of ability of students, both as a group and individually dual. Teachers can also see various developments in students' learning outcomes, both those related to cognitive domains. positive, affective, and psychological. In the end, the teacher will get an idea of the effectiveness of the learning process.

C. Results and Discussion

This research was carried out on class IV students in the even semester at SD Negeri 7 Tebing Tinggi, Empat Lawang Regency for the 2022/2023 academic year. The research data obtained is student learning result data, student observation data or results observations. This research was conducted to determine the effectiveness of the use of TikTok media applications in increasing show the results of learning rhythmic gymnastics material.

Cycle 1

Cycle I learning actions are initial actions which are continued with data analysis, with the aim of the learner This teaching is used as a reflection for learning in cycle II. Research activities in cycle I are carried out in 1 (one) meeting including the end of cycle test, the time duration of cycle 1 is 4x35 minutes IT (4 hours of learning) at the end of the meeting a knowledge and skills test is carried out. Based on the learning results table for cycle I, the average student score was 61.8.

The calculation of the percentage of completeness in learning classical rhythmic gymnastics material is as follows:

$$p = \frac{\sum \text{students who completed learning}}{\sum \text{students}} \times 100\%$$

$$p = \frac{\sum 9}{\sum 25} \times 100\%$$

$$p = 36\%$$

Next, it will be explained in the analysis of the table for calculating students' grades as follows:

Table 1. Cycle I learning outcomes

CYCLE 1						
KKM value	Total Score	Average Achievement	The highest score	Lowest Value	Complete KKM	KKM not completed
70	1545	61.8	70	50	9	16

Cycle II

Cycle II learning actions are follow-up actions by utilizing the TikTok application media to learn rhythmic gymnastics material, with the aim of: This learning is used as a reflection for learning in cycle III. Research activities in cycle II are carried out 1 (one) meeting including the end of cycle test, the duration of cycle II is 4x35 minutes (4 hours of learning) at the end of the meeting a knowledge and skills test is carried out. Based on the learning results table for cycle II, the average student score was 83.4.

Calculation of the percentage of completion in learning classical rhythmic gymnastics material is as follows:

$$p = \frac{\sum \text{students who completed learning}}{\sum \text{students}} \times 100\%$$

$$p = \frac{\sum 23}{\sum 25} \times 100\%$$

$$p = 95\%$$

Next, it will be explained in the analysis of the table for calculating students' grades as follows:

Table 2. Cycle II Learning Results

CYCLE II						
KKM value	Total Score	Average Achievement	The highest score	Lowest Value	Complete KKM	KKM not completed
70	2085	83.4	95	60	23	2

Next, we can see the overall comparison of learning outcomes shown in the following table:

Table 3. Recapitulation od Students Learning Results

Level of Learning Outcomes Student	Results Results Test Study Student	
	Cycle I	Cycle II
Average mark	6 1 .8	8 3 ,4

The indicator of the success of student learning outcomes in this research is if the student has reached 89% as a standard. If the KKM value is 70 then the research is stopped. It can be seen from the table above that the average final test score in cycle I is 61.8 and the average final test score in cycle II is 83.4. This means that student learning results during these two cycles show an increase of 21.6.

Based on the results of the final test scores, of the 25 students who took the final test of cycle I there were 16 students whose scores did not reach the KKM score, this means learning activities cycle I is not yet optimal, and still needs to be continued to the next cycle, namely cycle II by utilizing other media. TikTok application . There are only this time, it will be like that, with the first cycle. This is the use of media with the application with the application that contains the movement of the movement; 2) Focusing students' attention using the TikTok application media as a group or individually; 3) Give appreciation to students who successfully answer the questions given and can perform rhythmic gymnastic movements with b good and true; and 4) Conditioning students who create learning conditions that are not conducive to the learning process. Next, in Cycle II, the students felt more happy and focused on using the TikTok application to study the material. At the end of cycle II, the final test was carried out again, out of 25 students there were 23 students who had not reached the KKM score. there are 2 people.

The results of this research during the learning process show that students enjoy learning PESH Rhythmic Gymnastics material using media. a TikTok application. It is believed that enjoyment of learning will increase students' learning outcomes in the learning process. In cycle I, students were quite happy and enthusiastic about learning using the TikTok application media. Even though there are still many shortcomings in cycle I because they have never experienced such varied learning before such as the use of the TikTok application media. In cycle II there was an increase in the learning process, this happened because the students had started to become interested. k with PESH learning material on rhythmic gymnastics by utilizing the TikTok application as a learning medium. So the class conditions are quite orderly and controlled compared to cycle I where the class conditions were not very conducive. Students have begun to understand the stages used in learning, the allocation of time available is more optimal because A student who is starting to be conducive to learning.

Previous research revealed (Mei Indra Dewi, 2022) shows that there is use of the TikTok application as an interest in studying Indonesian language subjects for high school students and there are also steps for using the TikTok application with the aim of making it easier to use. Indonesian is a subject given to students to improve their skills and communicate in Indonesian both written and spoken, and to foster appreciation for Indonesian literary works. Then, to increase interest in learning Indonesian subjects, you can fill out a questionnaire to find out the direction of change in student improvement.

The implications of this research in the field of education are, 1) In teaching PESH the rhythmic gymnastics material can be improve student learning outcomes and teacher skills using the TikTok application media; 2) Can encourage students to be active during the PESH learning process in rhythmic gymnastics material and teachers can use learning media a fun one.

1) It is recommended for primary education teachers in particular, and secondary education teachers in general to be able to use the TikTok application media in PESH learning process, where the use of the TikTok application media can improve PESH learning outcomes students in rhythmic gymnastics material; 2) Before carrying out the learning process using the (Placeholder1)TikTok application media, the teacher should prepare the supporting content as best as possible so that the learning process takes place effectively;

and 3) Due to several limitations in carrying out this research, it is hoped that there will be further research that examines learning using the TikTok application media. k on other topics of discussion.

Data stating that HOTS-based e-modules on harmonic vibration material are feasible and well perceived by students are obtained from the results of validity tests conducted by a team of experts consisting of 2 lecturers and 1 teacher as well as student perception tests conducted by 35 students of class X MIPA SMAN 1 Bengkulu City. The research steps to produce products in the form of HOTS-based e-modules, namely:

D. Conclusion

The results of the research were analyzed from the data, namely the learning outcomes and observation of student learning activities, and It can be concluded that, 1) The use of the TikTok application as a media can improve the learning outcomes of students in the physical fitness subject of rhythmic gymnastics. The results of the study showed that there was an increase in the average value of learning outcomes in rhythmic gymnastics material from cycle I to cycle II; and 2) The use of the TikTok application media can improve PESH students' learning outcomes. The research results show that in cycle I, the results of observations of students' learning activities were in three categories, namely high, medium, and low. Meanwhile in cycle II, the results of observations of student learning activities experienced an increase, namely only in two categories, namely the t category high and medium categories. After data analysis is carried out, the use of the Tiktok media application can improve student learning outcomes in rhythmic gymnastics material. Research shows that there is an increase in the average value of rhythmic gymnastics learning outcomes from cycle I to cycle II. This is proven by the results obtained from the 25 students who took the cycle I test, there were 9 students have achieved the KKM score and 16 students have not achieved the KKM score with the average learning outcomes as of SAR 61.8 with a completion percentage of 36%. Meanwhile, in cycle II there was a significant increase where 23 students had achieved the KKM score, while there were 2 students who did not reach the KKM. The average learning outcome in cycle II activities was 83.4 with a completion percentage of 92%.

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