



## Benefits of Mobile Learning-Based Student Worksheets in Physical Education Learning for Deaf Students During a Pandemic

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### **Abstract**

Advances in technology make it easier for students to access learning resources. The technological advances of the 21st century have been greatly controlled and widely used by millennial students, The use of technology in learning not only facilitates but also benefits education. Physical education is a learning process that utilizes the limbs, the use of technology in physical education can not only be used for material mastery or cognitive and theoretical learning. In the midst of the current pandemic, use of technology when needed because learning is based on mobile learning (E learning) can be used without having to determine the space (place), manage time, so that it can reach all circles. Utilization of learning resources in the form of student worksheets based on mobile learning can support the physical education learning process. The use of mobile learning-based student worksheets does not only display theoretical learning but also equipped with animated images so that it can meet the needs of deaf students who make more use of their visual senses due to the loss of their sense of hearing. The use of mobile learning-based student worksheets can make it easier for deaf students to understand physical education learning.

**Keywords:** *Mobile Learning Student Worksheets; Deaf Students; Physical Education*

### **Introduction**

In the 21st century, technological advances are unstoppable, the use of technology such as mobile devices has been used by all elements of society including students. According to data obtained by Cambridge International, students in Indonesia use technology more than anyone else. Further explained that 67% of students in Indonesia use smartphones in class and 81% use them to do homework. The number of mobile device users from among students makes the world of education follow this phenomenon by utilizing e-learning in learning such as e-books etc. This utilization continues in the current pandemic, the Ministry of Education and Culture (Kemendikbud) issued regulation no. 4 of 2020 regarding the implementation of education policies during the covid 19 pandemic, this regulation regulates the learning process carried out at home through online learning (PJJ) which does not eliminate the meaning of learning.

The implementation of distance learning during the pandemic has made technology the main source of learning and communication between educators and students, students and educators, parents and educators. The utilization process used by teachers during the pandemic is by holding regular

meetings via zoom and collecting assignments that are carried out online. The use of zoom during the learning process makes deaf students not focus during the learning process because teachers use more conventional methods and use less creative and interactive teaching materials. The collection of assignments that is done online has several problems with students being late in submitting assignments or not submitting assignments. Educators during the implementation of distance learning are very minimal using mobile-based teaching materials, this is because educators do not understand technology.

Learning resources can also be called teaching materials used during the process of teaching and learning activities that aim to achieve the desired learning objectives and to facilitate learning. Learning resources are used to encourage the learning process to be more effective and efficient and to attract the interest and motivation of students during the learning process. Learning resources have meaning as a set, tools, materials or materials, arrangements so that lessons can communicate not only with the environment but also interact with people around them with the aim of being a facility during learning and for better achievement (Januszewski and Molenda in Saitya, 2020).

Increasing activity during the learning process such as reading books, using print and electronic media, listening to sources, and associating with the surrounding environment can be referred to as learning resources. Media as a source of learning has a great influence in the world of education. Media can be used as a channeling tool in conveying information or messages so that they can be fully accepted and understood by the recipients of the message or information. In the world of education, learning media aims to make it easier during the learning process. The choice of media can be determined by educators by taking into account the characteristics of students, objectives and learning materials to be taught by adjusting the current situation and conditions. The use of media as teaching materials during the distance learning process, is likely to continue to be used even though the pandemic is over, this makes education towards the direction of digitalization-based learning patterns.

Physical education is education that aims to develop the potential and talents of students by prioritizing aspects of attitudes and skills through movement or physical activities. Physical education is education that utilizes meaningful physical activity for students so that it can provide a balance between psychomotor, cognitive and affective (Victoria, 2021). To support movement activities for deaf students during conventional learning the teacher uses teaching materials in the form of student worksheets. Jauhari (2020) in his research found as many as 18 teachers used teaching materials in the form of student worksheets (LKS) during home learning.

Utilization of student worksheets based on mobile learning is more interesting, effective and creative by following the development of rapidly growing teaching materials media can make the teaching and learning process at home or distance learning more interesting and not monotonous. Because the use of mobile learning-based student worksheets can be used wherever students and educators are located and can be done according to the available time so that they are not bound by schedule and place. Deaf students experience hearing loss. Deaf students make more use of their sense of sight, the selection of teaching materials according to the characteristics of deaf students is highly recommended, namely those that can be visualized and not abstract.

Mobile learning-based student worksheets not only have attractive visuals but also have visualizations that are suitable for deaf students such as moving animations, so that physical education learning can not only be read but students can also make real movements through moving animations. The use of this worksheet can help teachers to reduce the level of student boredom during learning. Evaluation in learning is done online, so students no longer need to send assignments manually such as taking photos and others because the system will immediately correct and give grades. Even in its use, teachers who are not familiar with technology will find it easier to use student worksheets based on mobile learning.

The explanation above makes the author raise the title in the form of **BENEFITS OF MOBILE LEARNING-BASED STUDENT WORKSHEETS IN PHYSICAL EDUCATION LEARNING FOR THE DEAF STUDENTS DURING PANDEMIC**

### ***Method***

The literature study used in this research is to collect information about student worksheets based on mobile learning, physical education and high school deaf students. Furthermore, the researcher used a qualitative approach, namely by carrying out three stages (1) the researcher carried out the preparation stage (2) the next stage was the implementation, (3) wrote and concluded the findings that had been obtained.

### ***Discussion***

#### **1. Understanding Student Worksheets**

Student worksheets are part of the teaching materials in the form of sheets, and contain a summary of learning but do not leave the point, making it easier for students to understand and work on the practice questions in it.

In line with Teti's opinion (2018) Student worksheets are in the form of sheets of paper which contain instructions for learning activities intended for students as reading sheets, summaries of material and practice questions to be done by students.

Tarigan (2019) describes sheets containing assignment papers for students to work on, in addition, it includes learning instructions, questions and steps to complete the task. According to Nur (2020) student worksheets are student work papers that contain learning activities, information and instructions from educators aimed at students.

So, it can be concluded that student worksheets are student work papers that are instructive or share instructions for completion steps given by the teacher to students which aim to make it easier for students to understand learning activities and achieve the desired competencies.

#### **2. Mobile Learning**

Mobile learning is a learning model that uses a device (mobile device) which aims to make it easier for students to access learning materials and other information related to learning without the limitations of place and schedule (warsita, 2019).

Learning media that utilizes cell phone technology is also known as mobile learning (Lutfianto, 2020). Mobile learning is learning that utilizes handheld and mobile technology-based media using devices such as PDAs, cellphones, tablets, PCs etc. Traxler in Munir (2017)

Another opinion states that any learning that is not bound by a predetermined location and time, by utilizing mobile technology (mobile phones, computers, mobile phones, tablets, etc.) is also known as mobile learning (Saragih, 2021).

### 3. Physical Education

Physical education is education that involves all limbs to maximize motion function, maintain health, optimize motor skills and grow sportsmanship, manage emotional intelligence (affective), knowledge and healthy living habits (Jayul, 2020).

Physical education as a forum for students to maximize physical development, physical and cognitive abilities, and have a more meaningful attitude (mental, emotional, spiritual, and social) to get used to a healthy lifestyle as a balancer for student growth and development (Azhuri, 2021). Saitya (2021) describes physical education, which is education that utilizes the whole body to move, which is useful for developing psychomotor, cognitive and affective aspects.

The National Education Standards Agency (BSNP) (2006:512) imaged Physical Education, Sports and Health as a core part of overall education in order to achieve the goals of national education, which aims to develop various aspects such as physical health, psychomotor skills (movement), cognitive skills (thinking), critical, affective skills (emotions), social skills, recognize a clean environment and a healthy lifestyle through learning and physical activities, sports and health.

Understanding and elaboration above, researchers can conclude, physical education is education that utilizes limbs, with physical education students can develop aspects that are in accordance with the goals of national education, including cognitive skills through critical thinking, psychomotor skills through physical movement, affective skills through emotional stability. and also, students can get to know a healthy way of life and learn about a clean and healthy environment.

### 4. Deaf Students

Deaf students or children are children who have hearing impairments (Jauhari, 2020). According to Desiningrum in his book psychology of children with special needs, deaf students are the age of children who experience hearing loss or loss which can be caused by natal, prenatal and postnatal factors. Syarifudin (2019) defines deaf students as students who have an inability to convey information orally or vice versa. Visual senses are used to understand sign language and writing, as a means of communicating and sharing information for deaf students with the surrounding environment.

Deaf students are constrained in communicating such as speaking and language skills caused by partial or total loss of hearing function (Utami, 2021).

In addition, according to Leton (2021), deaf students are students who have impaired hearing function so that it hinders in receiving information and receiving information that can cause problems in their lives.

It can be concluded that deaf students are students with partial or total hearing loss so that they can hinder communication such as speaking and receiving information, they are more likely to communicate using sign language and writing because they use more visual senses. Loss of hearing function for deaf students can make it difficult for students to adjust to their environment.

### **Conclusion**

The use of student worksheets based on mobile learning can be a solution in today's distance learning. By using student worksheets based on mobile learning, deaf students get more visualization in real terms, so that conventional physical education learning can help teachers practice 3D movements. It is hoped that students can better understand physical education learning virtually and not be boring.

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