

Implementation of rules & procedures to establish student discipline in online physical education learning

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Abstract: This study aimed to describe the implementation of rules and procedures to establish student discipline in online Physical Education learning. The research method used in this study is a descriptive qualitative method with data analysis techniques including data reduction, data presentation, and conclusion drawing. The results of this study indicated that the implementation of rules and procedures in Physical Education learning can foster student discipline during online learning. Student discipline is evident as all students demonstrate discipline by activating their cameras during the class and focusing on listening to the teacher's explanation, as well as muting their microphones when not asked to speak. The majority of students also show disciplined behavior by using the "raise hand" feature when requesting permission to speak or asking questions, and they actively participate in the learning process. In conclusion, the implementation of rules and procedures successfully cultivates student discipline in online Physical Education learning. As a suggestion for future research, further studies can explore forming discipline through a personalized approach to students.

Keywords: Rules and procedures, student discipline, Online Physical Education.

PRELIMINARY

The Covid-19 pandemic has necessitated the implementation of online learning, including online Physical Education classes. Online learning is a teaching and learning process that utilizes internet technology, where students participate in distance learning without a physical presence in the classroom. This method has both positive and negative impacts on school learning, affecting students' cognitive, affective, and psychomotor development. One of the positive impacts of online learning is fostering self-directed learning skills within students (Sadikin & Hamidah, 2020). This impact spurs teachers to be more observant in choosing the right strategies and methods when teaching so that students can receive learning well. This is especially crucial in Physical Education classes, where physical activities are emphasized even in the online setting. Extra attention is needed to instill discipline in students during online Physical Education classes, as they are not only required to follow the lessons while sitting in

front of their laptops but also to participate in various physical activities throughout the learning process. According to Sobri et al. (2019), having a disciplined character is vital for students as it can lead to the development of other positive traits. Furthermore, it is essential for the student's overall development and their ability to lead a happy life and interact effectively in social environments, including the school setting. Therefore, teachers need to make appropriate efforts to address issues related to student discipline in online learning.

Based on the initial observation conducted in the fifth-grade class at a private elementary school in Bogor, during online Physical Education classes, the discipline of the students is not evident. Instead, the students are displaying a lack of discipline by not adhering to the classroom rules and procedures. This can be observed in some students who turn on their microphones without any instruction from the teacher, resulting in a noisy online class with multiple voices overlapping. As a consequence, the teaching materials and the teacher's instructions are not audible, and the students are unable to follow online learning effectively. Furthermore, the lack of discipline is also evident as more than some students do not turn on their cameras during the online class, making it difficult for the teacher to monitor the students' physical activities. In online Physical Education classes, physical activities are conducted remotely under the guidance of the teacher. The teacher can monitor the students' physical activities if the students activate their cameras. This enables the teacher to provide evaluations if any students perform the physical activities incorrectly. Another display of undisciplined behavior is seen when more than some students do not use the "raise hand" feature before seeking permission, expressing their opinions, or asking questions during the class.

Furthermore, it was also observed that more than some students talk simultaneously, leading to a disruptive and unfocused learning environment. If this lack of discipline persists and is not addressed promptly, it can disrupt the online Physical Education learning process. Therefore, the teacher needs to take appropriate actions to address the discipline issues during online learning by implementing rules and procedures to instill discipline among the students during online Physical Education classes.

Rules and procedures are a way that teachers implement to guide students to become individuals who can control themselves and take responsibility for their actions

(Lumbatoruan, Widiastuti, & Tangkin, 2021). Rules and procedures need to be consistently applied to enhance students' discipline, so they become accustomed to and understand them well (Pelawi, Zandrato, & Sitompul, 2016). Consequently, teachers can apply rules and procedures during each learning session, thus fostering disciplined behavior among students and ensuring orderly online learning sessions.

Based on the issues presented above, the research problem in this study is how the implementation of rules and procedures can shape student discipline in online Physical Education learning. Meanwhile, the objective of this research is to describe the application of rules and procedures to foster student discipline in online Physical Education learning.

METHOD

The research method used in this study is a qualitative descriptive method. There is no statistical data in qualitative research; instead, the data is analyzed and interpreted based on the information obtained (Anggito & Setiawan, 2018). The subjects in this study were fifth-grade students from one private elementary school in Bogor. The research was conducted in July-August 2021. The instruments used in this study are observation sheets, Lesson Implementation Plan (RPP) documents, and teaching reflection sheets. Data obtained from these instruments are then reduced, presented, and conclusions are drawn.

RESULTS

A. Observation

The research results obtained from the observation sheet instrument are as follows:

Table 1. Initial Student Discipline Observation Results

Indicators of Regulations and Procedures for Physical Education (Online)	Scale		
	3 All students follow in an orderly manner	2 Some students follow in an orderly manner, some do not.	1 More than half of the students did not follow in an orderly manner.
Activate the camera during online learning			√
Focus on listening to the teacher's explanation		√	
Using the raise hand feature when asking permission or asking			√
Mute the microphone when not invited		√	
Follow the lessons in an orderly manner.			√

Source: Observation Sheet

From the table 1 above, it can be observed that the initial observation results indicate that the level of student discipline is still very low. This is evident as there are still more than some students who do not follow the rules of activating their cameras during online learning, only some students in the class are focused on listening to the teacher's explanations, and there are more than some students who do not use the raise hand feature when seeking permission or asking questions, leading to a very noisy online learning environment as some students directly interrupt the teacher's explanations. Furthermore, it was also found that some students still do not mute their microphones when not allowed to speak, resulting in the online learning environment still often hearing noises from outside the students' rooms, such as parents shouting, siblings crying, or television sounds. Lastly, it was found that more than some students in the class do not participate in the learning process in an orderly manner; there are still many students who engage in other activities while learning, such as eating, walking to another room, and lying down.

After implementing the rules and procedures in the Physical Education online class, the results of the evaluation sheet were found as follows:

Table 2. Student Discipline Final Observation Results

Indicators of Regulations and Procedures for Physical Education (Online)	Scale		
	3 All students follow in an orderly manner	2 Some students follow in an orderly manner, some do not.	1 More than half of the students did not follow in an orderly manner.
Activate the camera during online learning	√		
Focus on listening to the teacher's explanation	√		
Using the raise hand feature when asking permission or asking		√	
Mute the microphone when not invited	√		
Follow the lessons in an orderly manner		√	

Source: Observation Sheet

In Table 2, it can be observed that there has been an improvement in the final observation results after the implementation of rules and procedures. All students during online Physical Education classes have shown discipline in activating their cameras, making the learning environment more interactive, similar to face-to-face learning. Since all cameras are active, it is evident that all students are focused on listening to the teacher's explanations. When students want to ask questions or request permission to use the

restroom, some students have started using the "raise hand" feature, although there are still some who have not. Additionally, all students have now muted their microphones when not allowed to speak. Consequently, it can be seen that the majority of students are now following the online learning process in an orderly manner.

A. Lesson Implementation Plan (RPP)

The research findings from the Lesson Implementation Plan documents show that the rules and procedures for online Physical Education classes are planned to be delivered at the beginning, core, and end of the learning process. The planned rules and procedures for the online learning are as follows: (1.) Students are required to activate their cameras during online classes. (2.) Students should be attentive and focused while listening to the teacher's explanations. (3.) Students are encouraged to use the "raise hand" feature when requesting permission to speak or asking questions. (4.) Students should mute their microphones when they are not allowed to speak. (5.) Students are expected to follow the online learning process in an orderly manner.

The consequences written in the Learning Implementation Plan are giving a direct warning when the violation occurs and reminding students of the rules and procedures that apply during online learning. Apart from that, it is also written that there is an award given by the teacher to students who regularly follow the rules and procedures in the form of praise verbally or through the emoticon feature in the form of applause.

B. Teaching Reflection

The teaching reflection reveals the research findings as follows: there has been a change in the students' attitude from being undisciplined to gradually showing disciplined behavior. When students want to speak to ask questions or provide answers, they demonstrate discipline by using the "raise hand" feature. The online class environment has become more conducive as each student adheres to the rules and procedures effectively. Other students who listen to questions and answers from their classmates also become more focused on the topic being discussed. Student discipline is also evident in their proper use of the microphone. During the course of the learning, students now only activate their microphones when they need to speak, and they promptly deactivate them when not speaking. As a result, the class is no longer noisy with various sounds coming from active microphones, and it becomes more manageable. Additionally, all students activate their cameras, allowing the teacher to monitor their physical activities and movements during demonstrations. This facilitates

the teacher in providing corrections if any incorrect movements are demonstrated by students. The teacher can offer guidance on the correct movements that students should perform. Consequently, the online Pendidikan Jasmani classes run smoothly.

DISCUSSION

Discipline is a character within a person that encourages him to obey and carry out every rule that applies without coercion. Discipline is very much needed in learning, especially in online learning of Physical Education. Physical Education is synonymous with physical activity so even when online learning is expected the teacher will continue to guide students to practice physical activity even if it is limited. These limitations pertain not only to the types of movements chosen but also to the teacher's ability to remotely monitor students' physical activities. Therefore, discipline is highly necessary for online in learning Physical Education. According to Sugiarto, Suyati, & Yulianti (2019), discipline is a condition that is developed through a series of behaviors reflecting values such as obedience, compliance, loyalty, regularity, and order. In this study, student discipline refers to student compliance in respecting and implementing the rules and procedures that apply in online Physical Education classes. According to Ernawati (2016), discipline functions to support the implementation of an educational process or activity so that it runs smoothly and influences the creation of schools as a conducive educational environment for learning activities. Achieving this requires willingness from students to act with discipline, reflecting their responsibility during both face-to-face and online learning. Therefore, students need self-awareness to adhere to the rules and procedures during the learning process, whether it is in physical classrooms or online environments. By doing so, a conducive learning environment can be established.

Looking at the research results described above, it is found that consistently implemented rules and procedures can shape student discipline in participating in online Physical Education learning. Student discipline can be seen from the data obtained from the initial and final observations related to the results on the lesson plan sheet, and reinforced by the results on the teacher's teaching reflection sheet. The first indicator, which is activating the camera during the learning process, showed a significant improvement. In the initial observation, the majority of students did not activate their cameras during online classes. However, after consistent implementation of rules and procedures, there was a remarkable change, with all students actively using their

cameras. This improvement can be attributed to the well-planned approach of the teacher, who consistently conveyed the rules and procedures at the beginning, during, and at the end of each learning session.

Furthermore, the teacher also provides praise to each student who activates their camera, both verbally and through the use of applause emoticons. The praise given is a form of recognition and appreciation from the teacher to the students. According to Fitri & Ain (2022), recognition or rewards are anything that pleases the students' feelings due to their good performance in the educational process, intending to encourage them to continue doing good and commendable work. In addition to the rewards, the teacher also gives direct admonishments to students who do not activate their cameras. These praises and admonishments serve as motivations for students to be disciplined in adhering to the camera activation indicator. This is in line with the results of a study conducted by Anggraini, Siswanto, & Sukamto (2019), which found that the provision of rewards and punishments has an impact on student discipline. As described in the teacher's teaching reflection, activating the camera during online learning helps the teacher monitor the students' physical activities during practical exercises in Physical Education. The teacher can easily correct any incorrect movements by observing the students through the camera. Additionally, the teacher can provide corrections if any incorrect movements are performed by the students and demonstrate the correct examples to them. The camera serves as a highly beneficial tool for both the teacher and students in the online learning process, especially in Physical Education lessons that require physical activities.

Second, on the focus indicator of listening to the teacher's explanation, the findings obtained were an increase in discipline, from some students who focused on listening to the teacher's explanation to all students focusing on listening to the teacher's explanation. The results of this study are in line with the opinion of Afiani & Faradita (2021) that online learning requires students to focus on paying attention to the material provided by the teacher so that students can easily understand, so the learning results are maximized. The discipline in this indicator is also because the teacher consistently provides reminders to students who start to lose focus during the explanations. These reminders create awareness among students to refocus on the ongoing learning. Consequently, discipline among students in listening to the teacher's explanations is formed. According to Hasnuddin (2020), the implementation of punishments can instill

a sense of caution in students, as they learn that there are consequences for their actions. Although the "punishment" in this study only consists of reminders, it proves to be effective in bringing back students' discipline in listening to the teacher's explanations.

The third indicator, which is using the "raise hand" feature when asking for permission or posing questions, also experienced improvement. Initially, during the observations, it was found that more than some students did not follow this rule and procedure. Many students directly asked questions without using the "raise hand" feature, which sometimes interrupted the teacher's or other students' speech, leading to a less conducive classroom atmosphere. However, after consistently applying the rules and procedures, it was observed in the final observations that there was an improvement, and some students were already following the rule of using the "raise hand" feature. Based on the teaching reflection, it was found that discipline in following the rules and procedures helped other students who were listening to questions and answers to stay more focused on the topic being discussed. Although not all students were doing it yet, this improvement significantly contributed to creating a more conducive classroom environment. The teacher still needs to consistently remind students about these rules and procedures every time there is a violation so that students become accustomed to being disciplined in using the "raise hand" feature when asking for permission or posing questions to the teacher. Therefore, the use of the "raise hand" feature is crucial in online learning.

The fourth indicator, which is to mute the microphone when not allowed, also showed improvement. Initially, some students were not disciplined in muting their microphones, but after consistently implementing the rules and procedures, all students now follow this rule. This improvement is also supported by the teaching reflection, which mentioned that student discipline in muting their microphones has increased. During the learning process, students only activate their microphones when they want to speak, and they promptly mute them afterward. As a result, the class is no longer noisy with unwanted sounds from active microphones, and the class becomes more controlled. Thus, the consequences of receiving warnings and advice from the teacher have encouraged students to be more mindful of the classroom atmosphere. The results of this study are in line with the results of research conducted by Banoet & Tangkin (2022) where giving consequences can help teachers deal with students' undisciplined behavior. Student discipline in using the microphone also teaches them to respect the teacher or

other students who are speaking in the virtual classroom. Moreover, it contributes to creating a conducive learning environment. This is part of the student's responsibility in the classroom.

In the last indicator, it has also increased, although it is still not optimal, which is participating in learning in an orderly manner. If seen from the results of initial observations more than some students who are not disciplined in participating in learning as a whole, the majority of students have started to be disciplined in following learning in an orderly manner. There are still some students who need to be given reprimands and advice and reminded again of the rules and procedures that apply in online classes. Indeed, students who obey and adhere to the rules according to Taha & Sujana (2021) will achieve maximum learning results, be able to control themselves and control themselves in completing assignments, and be able to manage time.

Rules and procedures are part of classroom management which are made as guidelines for students to follow learning well (Slameto, 2020). Especially in learning Physical Education which requires physical activity when studying. When the teacher teaches students about physical activity, the right strategy is needed, such as choosing the material to be taught with various considerations, rules and procedures, methods, and media used, to achieve learning objectives (Hidayat & Juniar, 2020). In addition, in learning Physical Education online students must comply with applicable rules and procedures, so that students can master the various Physical Education skills being taught (Sudirjo & Alif, 2019). As stated by Pingge (2020), the purpose of establishing rules and procedures is not solely to shape student discipline but also to create a conducive learning environment and foster a sense of responsibility within students. The application of rules and procedures is not only to form student discipline but also to develop students to be more responsible and more than that the class becomes more conducive to learning.

Awareness about the importance of disciplinary behavior needs to be trained from small things, such as a student obeying the rules in the classroom. When students comply with class rules, students have self-awareness not to violate the rules that have been agreed upon in class. However, when students start violating, the teacher's role is to direct students to follow the rules properly, even if students continuously commit undisciplined actions, the teacher needs to be firm in suppressing this behavior. Indiscipline towards rules and procedures is a deviant behavior. According to

Tanfidiyah (2017), deviant behavior is negative attitudes and actions shown by students. It is further said that this deviant behavior hampers the learning process.

Indiscipline in students must be overcome immediately so that it does not become a habit which then forms the character of students to become undisciplined individuals. As disobedience decreases and students develop better discipline, other positive character traits such as responsibility, cooperation, honesty, and more may also emerge (Wuryandani et al., 2014). There are three factors that can cause students to lack discipline: home conditions, the school environment, and teachers (Simufofa and Rosemary, 2014).

In online learning conducted at home, the home environment plays a significant role in determining whether students will behave in a disciplined manner or not. Parental guidance during online learning is crucial. Additionally, the school environment and teachers, with the implementation and communication of rules and procedures to students and parents, enable parents to help remind students to comply with the established rules and procedures. A personalized approach from teachers towards undisciplined students is highly necessary. Through this personalized approach, students can be more receptive to guidance and direction in improving their discipline. As stated by Brummelen (2009), three steps are required to address disruptive discipline issues. First, teachers need to take the time to address students privately when difficult situations arise. Second, encourage students to be honest about acknowledging the existence of a problem that needs improvement. Finally, involve students in committing to adhere to rules and procedures, with the provision of consequences for failure to maintain discipline. Thus, to foster student discipline, cooperation from various parties is essential, including teachers implementing personalized approaches and consistent enforcement of rules and procedures, students being open to guidance in behaving disciplined, and students' self-awareness to adhere to classroom rules and procedures. Additionally, parents play a crucial role in continuously reminding their children to behave with discipline, even in online learning settings. Discipline becomes a shared responsibility.

CONCLUSION

Based on the research results described above, it can be concluded that the application of rules and procedures to online learning Physical Education has succeeded in forming student discipline. Students who previously showed an undisciplined attitude

after applying rules and procedures consistently for six meetings showed positive changes in students becoming more disciplined. Each indicator in this study showed the formation of the character of student discipline, that is, all students are disciplined in activating the camera during learning and focusing on listening to the teacher's explanation and discipline in turning off the microphone when not invited. Most students have shown discipline in using the rise hand feature when asking permission or asking and have followed the lesson in an orderly manner. It takes cooperation from teachers, students, and parents in shaping student discipline. Teachers can take a personal approach to students who act undisciplined, direct these students to have self-discipline, and also teachers can apply rules and procedures consistently during learning. The application of rules and procedures requires steps such as: establishing rules and procedures, communicating rules and procedures, consistent implementation, and the need for affirmation along with giving rewards and consequences to shape the character of student discipline. During the application of rules and procedures, positive changes were experienced by students, especially in terms of discipline. Parents also support and remind again to be disciplined during online learning.

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