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The effectiveness of teaching and learning among physical education in secondary school teachers: Student's perception

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Abstract

This research is entitled The Effectiveness of Teaching and Learning among Physical Education Teacher in Secondary School. The purpose of this research is to evaluate the effectiveness of teaching and learning process by Physical Education (PE) teachers from three aspects such as knowledge, skills and the attitude towards the teaching process of the subject based on student's perception. Furthermore, this research is made to observe relation existed between age and the teaching experience of the teacher with all the aspects mentioned above. This research is also based on the purpose to know if there are any differences between the level of education received by teachers with all the aspects. The data was analysed by using SPSS software version 10.0. From the research, we can see that most of the students have a good perception on the effectiveness of the teaching and learning process by the PE's teachers from the aspects of knowledge, skills and attitude. Not only that, there is a significant relation exists between the teacher's age and teaching experience and all the aspects. And from the research, also find out that there is no difference exists between teacher's educational level with all the aspects. Finally, I would like to propose to all teachers to speed up an effort to increase the educational sector quality for the goods of universal developments.

Keywords: Teaching and learning, student's, physical education

Introduction

Teaching is a profession which aims to form perfect human beings who would understand their roles and their responsibilities towards themselves, family, community, the environment they inhabit and towards their Creator, the God. In the context of today's modern communities the term teacher gives a wide understanding. Every individual who engages themselves in formal or non-formal education process that involves the delivery of knowledge or skill to an individual or group of individuals are called teachers (Junaidy Mohamad Hashim, Gunthevan Ellumalai & Norlena Salamuddin, 2014; Atan Long, 1984)^[9, 5].

National Education Philosophy (NEP) focuses the Education in Malaysia is an on-going effort towards further developing the potential of individuals in a holistic and integrated manner, so as to produce individuals who are intellectually, spiritually, emotionally and physically balanced and harmonious, based on a firm belief in and devotion to God. To fulfill this NEP, teachers have been entrusted with the role of educators not only in the spread of knowledge but also in the development of their student's personalities. A knowledgeable and high-performing generation can produce civilized peoples. Administrators and planners always expect teachers to have the highest goal of building a civilized society (Anwar Ibrahim, 1996)^[4].

When this NEP is realized, teachers need to be aware that they are actually carrying out very heavy and high responsibilities. Teachers need to pass on the knowledge of whether or not the students or students want it. In addition, they must be aware of current changes and adapt them wisely to address teaching and learning problems especially related to student discipline. In general, teachers need to be experts or professionals in all fields.

In order to become the professional teachers, they must emphasize three important aspects of his / her skills, knowledge and personality formation (Robiah Sidin, 1998)^[25].

Not only the skilled in teaching and developing knowledge, but attitudes, behaviors and self-discipline need to be shaped by professionals. The Ministry of Education Malaysia (MOE) is working to implement more student-centered teaching and learning and is being introduced in the schools. However, teachers still play an important role in determining the educational success of an institution. The quality of education depends largely on the quality of teachers as good teachers can make learning interesting and rewarding for the students who follow it. In order to achieve this goal, someone is out of the classroom.

To achieve the goals of our national education, it should start with teachers because teachers are responsible for teaching, guiding, fostering and shaping behavior and become role models for their students. Thus, teachers should be of quality, ethical, character and noble personalities (Junaidy Mohamad Hashim, Gunathevan Elumalai & Norlena Salamuddin, 2014; Junaidy Mohamad Hashim, 2014 & Mohd. Aziz Mohd. Din, 2010)^[9, 6]. Ministry of Education Malaysia (MOE) as employers who train and prepare teachers, certainly would want teachers who have and practice good values or work ethics. Employers want employees who have good values or work ethic because they have been found to show satisfaction in their work and a positive attitude in decision making. (Junaidy Mohamad Hashim, Gunathevan Elumalai & Norlena Salamuddin, 2014; Junaidy Mohamad Hashim, 2014; Kraska, 1991 & Montague, 1986)^[9, 13, 21].

The process of teaching and learning is a process involving teacher-student interaction. The effectiveness of teacher teaching depends only on how the teacher can adapt and understand student learning problems. There are many aspects that influence the teaching quality of teachers. Among them are the knowledge that teachers have, the methods used by teachers in implementing the teaching process and the personality of the teachers. These aspects must be identified and understood. It is hoped that as a result of this study we will be able to jointly evaluate the teaching and learning of teachers of this century.

Problem Statement

Educators play an important role in shaping society and national development. With the rapid growth of science and technology today, changes in the education system are needed to address the rapidly changing world of trends in industries that specialize in science and technology today. Recognizing the importance of the role of education, the government has taken various steps to ensure that it can grow in line with current technological developments. However, the question remains whether students can compete in the fast-paced world of education. These developments are especially noteworthy in the fields of science and technology. As everyone knows, teachers are the most important tool in ensuring that the educational process works according to the requirements.

Therefore, teachers need to be smart in playing the role of guiding and encouraging students towards a positive attitude towards technology-based education. Teachers need to be always aware of and responsible for their role as educators. Teachers need to be constantly preparing for effective teaching and learning. Therefore, researchers want to examine students' perceptions of effective teacher teaching and learning. The three main aspects to look at from students' perceptions of their PE's teachers are teacher's preparation, which is the knowledge they have about the content, the methods used by the teachers in teaching, the skills they have in communicating the content, the teacher's personality which

is the teacher's attitude towards teaching and learning.

Teachers should have sufficient knowledge of the content to be taught and be prepared to deal with any of their student's questions in order to create an effective learning environment. In addition to PE's teachers, they need to have a wealth of knowledge and experience related to sports science and coaching. Teachers should also possess and master the skills to convey the content so that the teaching and learning process can be carried out in a harmonious and effective manner. Teachers should also have a good attitude toward teaching the subjects.

Research Objectives

The main objective of the researchers conducting this study was to look about an effective Physical Education teacher. Among the objectives of this study are for:

- i) Evaluate the effectiveness of teaching and learning among Physical Education teachers in terms of teachers' knowledge of the content
- ii) Evaluate the effectiveness of teaching and learning among Physical Education teachers in terms of teachers' skills in delivering the content
- iii) Evaluating the effectiveness of teaching and learning among Physical Education teachers from the aspect of teacher attitude towards teaching t Physical Education subjects.
- iv) To determine whether there is a significant relationship between teacher's age and experience with teacher knowledge of the content, skills in communicating the content and attitude of the teacher to the teaching of Physical Education subjects.
- v) To determine whether there is a difference between the standard of Physical Education teacher education and the teachers' knowledge of the subject matter, skills in delivering the content and the attitude of the teacher to the teaching of the Physical Education subject.

Research Questions

Based on the objectives of the study, some of the main questions are emphasized for looking the effectiveness of teaching and learning among Physical Education subject teachers is as follows:

- i) Do Physical Education teachers have knowledge?
- ii) Do Physical Education teachers have various skills in delivering the content?
- iii) Do Physical Education teachers have the attitude and personality that a teacher should have?
- iv) Is there a significant relationship between the age and experience of Physical Education teachers with the knowledge, skills and attitudes of teachers in teaching Physical Education subjects?
- v) Is there a difference between the approval of the Physical Education teacher and the knowledge, skills and attitude of the teacher towards the teaching of the Physical Education subject?

Research Focus

This study focuses on the teaching and learning process of Physical Education subjects only. The effectiveness of the teaching and learning of the teachers is based on the student's perceptions the effectiveness of teaching and learning process by Physical Education (PE) teachers of the aspects of the teacher's knowledge content, skills in communicating and attitude.

Research Design

The design of this study is descriptive. Descriptive studies explain the phenomenon by analyzing the descriptive data obtained from the questionnaire or other media (Silva, 2017; Ciccirella, 1997 & Van Dalen, 1979) [26].

Population and Sampling

The study population consisted of secondary school from four states, Kedah, Perlis, Penang and Perak Respondents were randomly selected to represent the Physical Education subject. Researchers chose sampling method (Krecie and Morgan, 1970) [15], which is a simple random sampling performed on a population. The selected study sample consisted of only form five students. A total of 360 students were involved in this study and they consisted of male and female students.

Instruments

Researchers used the questionnaire as an instrument in the research conducted. The questionnaire is the most appropriate technique for collecting data in studies that look at such perceptions (Thomas & Nelson, 1996) [27].

Result and Discussion

Overall, respondents had the perception that their teachers had a good level of knowledge of the content of the lesson. This was evident when 88.5% of respondents stated that their teachers could master the content well and this could help students to effectively teach the teaching and learning sessions.

The mastery of knowledge of the content of a lesson is very important for a teacher because according to Aziz Nordin dan Mohamad yusof Arshad, (1990) [6], it is important for a teacher to fully immerse himself in what he is teaching his students. As a result, it can be seen that there is a clear correlation between Jagdish's statements and students' perceptions when 81.0% of respondents said their Physical Education teachers were able to provide accurate, clear and confident information about the content.

The majority of respondents stated that their Physical Education teachers are always making good plans for teaching and this will ensure that teachers are prepared and aware of what content to teach their students. With this in mind, students have the perception that their Physical Education teachers have a deep knowledge of the content of the lesson.

Student's Perceptions of Physical Education Teacher Skills in Communicating Physical Education Teaching Content

Among the skills that need to be possessed by a Physical Education teacher are Induction set skills, Stimulus Variety Skills, Reinforcement Skills, Questioning Skills, Illustration and Example Skills, Description Skills, Demonstration Skills, Storytelling Skills and Closing Skills.

The skills of delivering the content used by Physical Education teachers are closely related to the students' understanding to accept the teacher's teaching and this is a platform to ensure the effectiveness of teachers in teaching and learning. As many as 90% of respondents have the perception that the teacher's explanation of the content of the lesson is easy to understand. This means that the Information Skills used by teachers are accepted and effective in their teaching. Judging by the results of the analysis, according to the students' perceptions, apart from the Induction and Storytelling Set Skills, most teachers use the Various Stimulus Variation Skills. This is evident when 86% of respondents agree that in addition to providing information the teacher always use Demonstration Skills But there are

24% of respondents stated that their teachers use less Skills Using Illustrations and Examples such as models or pictures while presenting the content of the lesson.

Although this percentage is not high, when compared to other teaching delivery skills, most respondents stated that their teachers do not use these skills. Situations may occur because in the subject of Physical Education, the content of the lesson is more in the form of real situation. Coupled with their learning style that is more analytical, so teachers feel less appropriate to use these teaching skills in the form of illustrations and examples in their teaching. With this it can be stated that according to the perception of students of Physical Education teachers they have various skills in delivering the content of the lesson to implement teaching and learning effectively.

Student's Perceptions of Physical Education Teacher's Attitude

Looking at this aspect of attitude and personality, based on data analysis, overall respondents have the view that their teachers have good attitude and personality such as always neat and clean dress, punctuality, dedication to work and care about student welfare. 96% of respondents stated that their teacher is a very patient, fair, friendly and firm teacher.

Since the subject of Physical Education is a relatively complex subject, the presence of teachers with a cheerful image, can reduce the stress on the teaching of teachers. Neat and clean clothes, sweet smiles, teacher's calmness when giving explanations and the like will produce a self-image of the teacher who is able to excite students and indirectly students can follow the teaching session well and effectively. Therefore, it is undeniable that their Physical Education teachers do have a good attitude and personality to implement teaching and learning effectively because according to 94% of respondents stated that when their teachers are always dressed neatly and clean with the branded sports attire will attract their interest to follow the teaching with their teachers. Thus it is undeniable that gurIn the meantime, 80% of respondents also agreed that their teachers are always diligent in their teaching and seem very interested in what is being taught.

The findings also show that 85% of the respondents stated that teachers respect and trust them, such a teacher's attitude is definitely able to attract students to continue learning with their teachers. While 83% of respondents stated that their teachers always work with the school and students by engaging in school programs. This can indirectly strengthen the relationship between teachers and students and in turn affect teaching and learning more effectively in the classroom.

With this it can be stated that according to students' perceptions, the characteristics or criteria that need to be possessed by a Physical Education teacher to ensure the effectiveness of teaching and learning is in addition to having knowledge of the content, skills in delivering the content and attitude and good personality, teachers also need to be concerned with the life around them (Molly Lee. 2002) [20]. Therefore, it can be stated that, their Physical Education teachers do have the attitude and personality that should be possessed by a teacher to produce effective teaching and learning

The relationship between the age and experience of physical education teachers with the knowledge, skills and attitude of teachers towards teaching physical education subjects

Overall, respondents have a perception that their teachers have excellent knowledge, skills and attitudes towards the

teaching and learning of technical subjects. Judging from the period of teacher teaching experience, the average teacher has a relatively long teaching experience of 8 to 10 years, there are also teachers who have almost 15 to 20 years of teaching experience. Teachers with relatively long teaching experience are mostly aged. Thus, it can be stated by the evidence from the analysis that there is a significant relationship between the age and experience of Physical Education teachers with the knowledge, skills and attitudes of teachers towards the teaching of Physical Education subjects.

Differences between the Approval of Physical Education Teachers with the Knowledge, Skills and Attitudes of Teachers towards Teaching Physical Education Subjects, found that the standard of education and attitudes of teachers do not have any effect on their teaching and student achievement but the economic environment and teacher experience were found to influence a student's achievement. (Pid Song, 2006; Molly Lee, 2002 & Keane, 1969) [24, 20, 12]. It was found that the respondent teachers in this study consisted of 4 layers of academic qualification, namely teaching certificate, teaching diploma, bachelor and masters.

Summary

There are several methods in education to measure the effectiveness of a teacher's teaching and learning. One easy way is through students' perceptions or perceptions. While there may be criticism and question marks on the grounds that students do not know enough about teacher behavior to answer the questionnaire accurately but this strategy or situation has the strength of reporting, it is based on what students have observed during their time with their teacher.

The summary stated is to state the results of the study based on the objectives of the study which has been broken down into 5 things namely to evaluate the effectiveness of Physical Education teachers in teaching and learning from the aspect of knowledge about the content of the lesson, from the aspect of Physical Education teachers in delivering content, attitudes Physical Education subjects, to find out whether there is a significant relationship between the age and experience of Physical Education teachers with the knowledge, skills and attitudes of teachers towards the teaching of Physical Education subjects and to find out if there is a difference between the qualifications of Physical Education teachers with knowledge, skills and attitudes teachers on the teaching of Physical Education subjects.

Based on the data analysis, it generally shows that the majority of students have a positive perception of the question items submitted. This shows that the students have a perception that their Physical Education teachers have a deep knowledge of the content of the lesson, have various skills in delivering the content of the lesson and have the attitude that should be possessed by a teacher and thus they are able to carry out the teaching and learning process effectively.

In the meantime, it turns out that there is a significant relationship between the age and experience of Physical Education teachers with the knowledge, skills and attitudes of teachers on the teaching of Physical Education subjects but there is no difference between the approval of Physical Education teachers with knowledge, skills and attitudes on the teaching of subjects Physical Education. It does not matter whether the Physical Education teacher has a certificate, diploma, bachelor's and master's degree. This level of education does not show the difference between them in implementing teaching and learning.

Thus, it turns out that the 3 things mentioned above are

among the important characteristics that a Physical Education teacher needs to have to ensure the effectiveness of their teaching and learning as well as caring for the world around them. So, Physical Education teacher can play an effective role in and outside the classroom if they can master four things namely educational knowledge, knowledge of the content of subjects taught and diversity of skills in delivering content and own attitude and personality as a good educator (Mohd Zairi Hussain, Azman Hassan, Nur Bahiyah Abdul Wahab & Julia Jantan, 2014; Aziz & Mohd, 1990) [19, 6].

Implications of Study

This study can be used by teachers as a supplement for them to improve the quality of teaching in order to implement teaching and learning more effectively. In addition, for prospective teachers this study can be utilized by prospective teachers to prepare themselves to face the workload later.

Schools and ministries can also use this study as an opener for them to find the best way to produce teachers who are able to implement their teaching and learning effectively. With the result of this study, it is hoped that the community can use it as a filling that the weight of the burden and responsibility borne by teachers to deliver teaching effectively.

Proposal

The results of the formulation and discussion of some suggestions are submitted to improve the quality of the teaching profession in general and improve the quality of teaching of teachers of Physical Education subjects in particular. It is hoped that with this study, the teaching effectiveness of teachers will be more effective, interesting and achieve the expected objectives. Among the researchers' recommendations for Physical Education teachers are:

- i) Preparation before teaching is very important to do perfectly. Physical Education teachers need to make careful preparation for each topic to be taught. The delivery of teaching that is good, organized, interesting and meaningful as a result of in-depth knowledge of the content of the lesson content will produce a positive perception at all times. Students' confidence and trust in Physical Education teachers will lead to curiosity and experimentation.
- ii) Teaching skills by asking questions and being willing to accept students' questions, then explain accurately believed to evoke positive perceptions and produce effective teaching and learning.
- iii) Physical Education teachers need to diversify their teaching skills to suit the level of knowledge and experience of students. The use of various teaching skills, especially by using examples and illustrations in implementing teaching and learning will be able to help students master students' understanding more easily.
- iv) Physical Education teachers need to improve their knowledge by taking courses in-service courses and always establishing good relationships with the industry. Having in-depth knowledge of the content and latest knowledge in the field of industry, Physical Education teacher will be able to bring about various changes in the classroom and implement teaching and learning effectively because he is a person with high self-confidence, extensive experience and the like. This is because knowledge of the content of the content has a significant relationship with the latest knowledge in the industrial sector for a Physical Education teacher.
- v) Physical Education teachers also need to have a good

personality to create a good positive and effective perception in the hearts of students. Negative practices must be avoided. To reduce tension during teaching and to attract the attention of students, light jokes can be done. Good personality traits of teachers such as fair, diligent, friendly, tolerant, and friendly are very useful to approach students towards the effectiveness of teaching and learning Physical Education subjects

- vi) Teachers should also establish good relationships with their families so that they can get to know the students more closely and this makes it easier for teachers to understand students and vice versa.
- vii) A Physical Education teacher needs to have a good and responsible attitude and personality in order to lead their students towards the formation of noble values. Teachers as role models to students need to show commendable attitudes. The formation of student attitudes is easier to achieve if the teacher can highlight a good, perfect and interesting image. To ensure effective teaching and learning, technical teachers must always have a positive attitude towards their students.

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