



## Education Trend Analysis Use of Physical Education Learning Models: Systematic Literature Review

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### Abstract

The aim of this systematic literature review is to examine the scientific literature pertaining to research trends and outcomes associated with the utilization of physical education learning models. The study employs Harzing's Publish or Perish application to navigate the Google Scholar database over the past decade, selecting articles that offer insights into the application of physical education learning models. The research methodology involves a systematic literature review, utilizing the prism flow diagram for article identification during the filtering and data extraction phases. Out of the 361 initially downloaded articles, a final set of 88 articles undergoes inclusion and exclusion screening based on specific criteria, followed by thorough analysis. The findings of the review align with systematic analyses of literature reviews, revealing prevalent trends in the utilization of various physical education learning models. Notably, cooperative learning emerges as the primary model explored consistently over the years. The results highlight that implementing physical learning models in primary and secondary schools yields positive effects on students. The incorporation of innovative and pertinent physical learning models is shown to enhance student participation, improve learning outcomes, foster better health and physical well-being, boost motivation, and enhance student engagement in the learning process.

**Keywords:** Learning models, physical education, systematic literature review

### INTRODUCTION

Physical Education stands out as a subject that can be combined effectively with educational character. Even though it is considered trivial, physical education has the potential to grow character and contribute to the dignity and dignity of the nation's educational landscape (Yulianto et al., 2023). This plays an important role in fostering the development and maturation of students. Good health and physical fitness among students certainly contributes to the formation of quality human resources who are physically and spiritually healthy. Physical education functions as a valuable tool in achieving educational goals, facilitating learning through a physical activity process that is adapted to various aspects such as organs, body, intelligence, social skills, culture, emotions and ethics (I. N. Haris, 2018).

Intellectual, social, cultural, emotional and ethical dimensions are crucial aspects that support the development of quality human resources through education. To achieve educational goals effectively, a support system is essential, and the curriculum functions as

the core of the school, which in turn is the core of society, and ultimately, the heart of a state or nation. The curriculum functions as an interconnected system with components such as objectives, learning materials, methods and assessments that collaborate with each other to move towards educational goals (Huda et al., 2017).

Education in Indonesia often relies on outdated curricula from Western and European countries (Risyanto, 2016). Since independence in 1945, Indonesia's education metrics have been revised at least 11 times, reflecting changes in society's needs and adapting to current developments, the most recent of which is the independent metric launched by the Minister of Education, Culture, Research and Technology Nadiem Makarim in February 2022. This independent curriculum aims to optimize the potential of students and teachers while increasing the standards of independent learning (Rais, 2019).

Even though the 2013 Curriculum is still in effect, the government has introduced an independent curriculum as a response to current developments and current educational needs. While the 2013 Curriculum continues to strive for the concept of "independence" by including a competency-based approach, the Independent Curriculum implemented in this era of life works side by side to meet changing educational needs. Creating a curriculum as a quality human resource support system requires a mature plan or pattern that can be used to develop a curriculum with emphasis on long-term learning plans (Kurniawan & Suherman, 2015).

A learning model is a blueprint or structure used to form a curriculum (learning plan), increasing the effectiveness of teaching and learning activities. The use of learning models ensures that the process and aspects of learning procedures take place optimally (HARIS, 2023). In the teaching process, educators must be clever in using various learning models to ensure that the learning process is planned and varied, so that there is no monotony in the learning experience (I. Haris et al., 2023).

In the realm of physical education, various learning models can be applied, as explained by (Fahri & Juliantine, 2016). *there are seven instruction models that have shown to be effective in teaching physical education, direct instruction model, personalized for instruction model, cooperative learning model, the sport education model, peer teaching model, inquiry teaching model and the tactical games model.* They identified seven effective learning models for teaching physical education: the direct teaching model, the personalized teaching model, the cooperative learning model, the sports education model, the peer teaching model, the inquiry teaching model, as well as the tactical game model. Therefore, Fahri & Juliantine (2016) outlined seven learning models in physical education,

consisting of direct, personalized, cooperative, sports education, group, inquiry and tactical learning models.

Over time, the physical education learning model has experienced significant development and transformation. The application of learning models in physical education teaching has become a real trend in recent years, developing along with advances in technology and shifts in global education. In an increasingly digital and information-centric era, the integration of technology and innovation in physical education learning is becoming increasingly important to facilitate a fun, effective and appropriate learning experience. With this background, conducting research on trends and results of implementing physical education learning models in schools in Indonesia has important meaning (Yulianto & Hendrayana, n.d.).

Investigating trends and results of physical education learning models in schools in Indonesia aims to provide a comprehensive understanding of the subject. Motivated by the problem outlined, the author chose to use a systematic literature review method to explore "trends in physical education learning models." By gaining deeper insight into these trends and results, this research aims to contribute to the creation of more diverse, engaging and effective learning environments. Ultimately, insights like this have the potential to improve the quality of physical education in schools in Indonesia, in line with the broader goal of developing high-quality human resources.

## **METHOD**

This research uses a systematic literature review method, which involves the identification, evaluation, and interpretation of all research related to a particular research question, subject matter, or phenomenon of interest, as described by (Kitchenham et al., 2007). Peneliti harus memiliki pemahaman yang komprehensif tentang proses penelitian sebagai syarat mendasar dalam melakukan penelitian jenis ini.

Researchers must have a comprehensive understanding of the research process as a fundamental requirement for conducting this type of research.

Systematic literature review research procedure design It involves the following steps: developing a research question, establishing selection criteria, formulating a search strategy, selecting studies based on the criteria, assessing the quality of the studies, as well as synthesizing the results of the research question. This section basically describes the research design, population, and sample (research topic), as well as the techniques and tools used for data collection and analysis. In terms of tools and materials used in research, they need to be described in detail, with the following details:

1. Develop a Research Question:

- RQ1: What are the trends in physical education learning models at primary and secondary school levels based on a review of research journals on physical education learning models?

- RQ2: How are physical education learning outcomes achieved based on a review of research journals on physical education learning models?

2. Selection Criteria: The selection criteria in this study are described in the table provided.

Table 1. Inclusion and exclusion

Type	Inclusion	Exclusion
Article Type	Research Result Articles	Report research ( thesis , thesis , dissertation , seminar)
Language	Indonesia	Apart from Indonesian
Participants	Participant educate Elementary & Middle Schools , Teacher as well as Education	Apart from Participants educate Elementary & Middle Schools , Teacher as well as Education
Year Rise	2014 -2023	Under year 2014
Variable Study	Educational Learning Model	Apart from anything related with the Educational Learning Model Physical
Scope of Discussion	physical education	
Index	Sinta	Non Sinta

3. Developing Search Strategies : Researchers Then do search article use application Harzing's Publish or Perish, specifically targeting the Google Scholar database.
4. Selection Process : Selection process studies involve inspection title as well as abstract journal For determine relevance ..
5. Assessing the Quality of Studies: Under review literature systematic , found data evaluated , as well every question given mark answer "Yes" (Y) or "No" (T). Criteria evaluation quality includes :
  - QA1: Is journal indexed in SINTA?
  - QA2: Is it journal discuss issues relevant research with study This ?
  - QA3: Is journal use method relevant research For understand trend as well as results use of learning models education physical ?
  - QA3: Apakah jurnal menggunakan metode penelitian yang relevan untuk memahami tren serta hasil penggunaan model pembelajaran pendidikan jasmani?

A total of 2000 journals succeed identified through the search process . After done filtering data for the 2014-2023 period, with use criteria inclusion as well as exclusion with the keyword "Physical Education Learning Model", many entry issued Because No as well

as mention of educational models physical . Through evaluation quality (QA), 88 articles relevant journals identified, as well article This Then categorized as based on development platform as well as methodology used For answer question study. Election article journal This adhere to PRISMA method PRISMA flow diagram , illustrating the review process literature, presented below This as guide For study This.

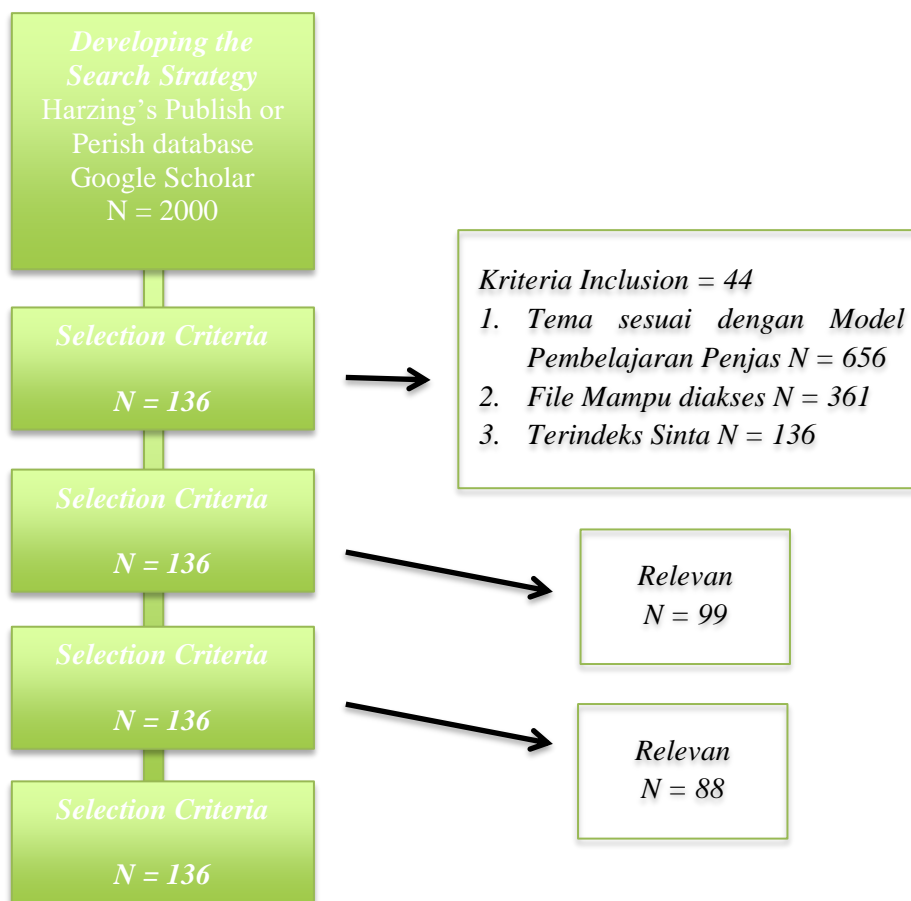


Figure 1. PRISMA Flowchart

## RESULT AND DISCUSSION

### Result

At stage beginning development question research, researcher utilise Publish or Perish app for look for article, with determine the Google Scholar database. Search First with using the keyword " Physical Education Learning Model " produces a total of 2000 articles of the search process annual in a row . On point this is a question study formulated, leading to the identification of two themes For discussion article.

After application criteria selection, only remaining 361 capable articles accessed as well as relevant with the specified keywords researcher (start from 2014, coincidentally with introduction 2013 curriculum, up to year running 2023 below curriculum

independent). Furthermore researcher download article the Findings based on criteria inclusion consists of the 136 journals indexed by SINTA, according to with eye lesson education physical at school base as well as intermediate, as well range publication from 2014 to 2023. On the other hand, for criteria exclusions, 351 journals were identified including external journals topic related use of learning models education physical at school base as well as the middle ones don't indexed, as well journals that don't capable downloaded .

In phase search strategy development, researcher look for appropriate journal criteria selection acceptance, evaluating title as well as abstract during the selection process studies For determine its relevance with topic study. The result shows 99 journals relevant as well as 37 journals considered No relevant with study. Journal considered No relevant if writer only serve draft theoretical or No include level education in accordance criteria level school base as well as intermediate in the title or abstract. As a result, journals the considered No relevant with research conducted .

Findings about quality study show that 88 journals fulfil criteria quality research, including 13 journals considered No relevant, This showed with answer affirmative to all over questions (QA1, QA2, QA3). That means journals selected based on quality the study indexed SINTA, lifting problem study related to learning models education physical education in elementary and high school environments, as well load discussion method research used in development of educational models. At stage This researcher arrive at the results end. Through analysis step by step to article For identify really article fulfil all over criteria For used as research data, concluded that 88 articles fulfil requirements, includes 18 types of learning models, with details figures per year.

Trends in the use of learning models education physical seen clear If seen from frequency its use every the year . Through careful assessment to quality article, author obtained 88 in -depth articles application of learning models education physical. In groups this, analysis annual learning model education physical disclose amount Specific for each model: 38 articles focuses on learning models cooperative, 4 articles about SEM models, 5 articles about learning models direct, 1 article about personal learning, 4 articles about peer teaching, 8 about the inquiry model, 2 about the tactical model, 4 about the PBL model, 3 about PJBL, 1 about the contextual model, 3 about tactical, 3 about learning mixed, 1 on the TPSR model, 2 on the thematic model, 2 on the PAKEM model, 1 on the integrative model, 2 on the online learning model, and 3 on the learning model Helison.

### ***Discussion***

After done testing to results exclusion as well as inclusion, as well Data analysis, two themes emerged comprehensive from results review against 88 articles with use analysis thematic, which is outlined as following. Main theme covers trend as well as related results with utilization of learning models in the Physical Education domain, obtained from review comprehensive article journal regarding Physical Education learning models in Indonesia. Findings from review article This gave rise to two discussions different , which discusses trend application of the Physical Education model in Indonesia as well the resulting results from application of the model in Indonesian context .

#### **RQ 1: How learning model trends education physical level school base as well as intermediate based on journal reviews learning model research education physical ?**

Analysis article about application of learning models Physical education from 2014 to 2023 shows as well as trend use various learning models during many years . Learning model cooperative appear as focus main , with a total of 38 articles covering period the . Observation This underline importance approach collaborative in Physical Education learning, good in study nor implementation practice. Apart from that, other learning models have also been implemented interesting attention, though with different levels. Learning model based inquiry that emphasizes the process of discovery as well as exploration become topic popular research proven with 8 articles in range time 2014-2023. In particular, models such as teaching direct, teaching colleagues, learning based problems (PBL), as well learning based project (PJBL) is also capable attention big, shows diversity method applied in realm learning education physical .

Important trends other is increasing interest towards digital learning models , such as learning mixture as well as learning distributed (DARE). Spike interest This reflect response to progress technology as well as the integration to in environment Physical Education learning. Although several learning models, incl learning social-emotional (SEM), personalized teaching, teaching not quite enough answer personal as well as social (TPSR), as well integration, emerges in analysis, sum article discussing it apparently relatively limited. This matter show that despite the learning model varied, however there are certain models that are more dominant as well as general applied in context education physical.

In short , a trend use of learning models physique show diverse patterns, with learning cooperative stand out as the main model of many explored, proven with amount results the most, specifically 38 articles in research that includes 2014 to 2023. Learning cooperative materialized as the most common model used, covers various types of learning

models, such as cooperative models, Team Games Tournament (TGT), Jigsaw, Numbered Head Together (NHT), Teaching Games for Understanding (TGfU), Student Team Achievement Divisions (STAD), Investigation Group (TGI), as well as individualization help team (TAI).

**RQ 2: How achievement results Study education physical based on journal reviews learning model research education physical ?**

Learning model cooperative is principal discussion a total of 38 articles covering seven types, including Team Games Tournament (TGT), Jigsaw, Numbered Head Together (NHT), Teaching Games for Understanding (TGfU), Student Team Achievement Divisions (STAD), Group Investigation. (TGI), as well as Team Assisted Individualization (TAI). Findings Regarding the Sports Education Model , there is four article discussing topic This . Review results article about application of the Sports Education learning model including research such as “Effectiveness of Sports Education Models in Curriculum Independent To Knowledge Game Participant Football junior high school students” by (Adriwansa & Rahayu, 2023) Conclusions drawn from article the show as well as impact positive to motivation Study participant educate on the Sports Education Model. More continued, Sports Education learning model has show effectiveness in realm learning education physical so that worthy made as source learning education physical.

Instruction Models Direct represented by 3 successful articles fulfil criteria inclusion . For example is article such as "The Influence of the Direct Instruction Learning Model" On Learning Results of Basic Front Roll Techniques in Floor Gymnastics works (Mabrur et al., 2021) and Improving Learning Outcomes for Physical Education, Sports and Health (PJOK) Simple Small Ball Game Material. through Application of Learning Models Direct by (Sukarini, 2020) Article review results the application of the Direct Teaching Model shows as well as enhancement ability Study participant educate so that performance Study increase. Instruction Models Direct felt suitable For applied in learning education physical.

Personalized model for instruction is loaded in journal entitled "Effectiveness of the Direct Teaching Learning Model with Personalized System for Teaching Against Total Active Time Learning Physical Education” works (Anjani et al., 2023). By empirical learning model Personalized System for Teaching provides significant impact to enhancement amount time active Study participant educate.

Regarding the Peer Teaching Model, there are 3 articles, one of which is entitled " Inner peer teaching learning model learning education physical” works (IN Haris, 2018) article review results the application of the Peer Teaching Model shows as well as influence



to learning education physical . There is significant difference between enhancement as well as understanding Study participant students in the Peer Teaching Model compared with the conventional model. The Peer Teaching Model is proven capable increase motivation participant educate as well as felt effective for learning education physical.

For Teaching Models Inquiry capable of 6 articles entered in category inclusion . For example is article entitled “Influence Approach Skill-Drill-Game Learning Against Enhancement Motivation Study Students in Physical Education” works (Risyanto, 2019) . Article review results application of the Inquiry Model show as well as enhancement ability think critical participant educate, improve results study, as well significant influence towards trust self participant educate. Learning model Inquiry proven become effective alternative in learning education physical.

Tactical Games model that focuses on learning game tactical represented by articles such as "The effect of student -centered learning approaches in physical education on positive youth development" work (Risyanto et al., 2024) Review results article about application of the Game Model Tactical show its influence to time learning academic, shows that this model capable impact on effectiveness cooperation participant educate in learning education physical.

Regarding Learning Models Based Problem is only 2 articles can be entered in category inclusion. For example is article entitled “Application of Learning Models Based Problem For Increase Skills Think Critical to Physical Education” works (Kharida et al., 2009). Article review findings the application of the Problem Based Learning Model shows exists enhancement time effective participant educate in PJOK learning. Research result show that Learning Model Based Problem effective increase ability think critical participant educate in context learning education physical . Specifically, Learning Models Based Problem has succeed applied to the learning process education physical online.

Project-Based Learning (PBL) is a learning model that includes three included articles in category inclusion. For example just article entitled “The Effectiveness of Project Based Learning Models in Curriculum Independent To Discipline Participant students in Volleyball Learning” (Pangestu & Rahayu, 2023) Article review application of learning models This show that ability think critical as well as results Study participant educate in accordance with hope participant educate. As a result, the Project Based Learning model was proven effective in grow discipline participant educate, as well increase ability collaboration in activity learning education physical.

Regarding Learning Models Contextual Projects, articles entitled “The Management of Media Management Using Approach Contextual in Increasing Interest in

Learning Learning Physical Education at SMPIT Khairunnas City of Bengkulu” by (Dewi et al., 2022) is including in analysis . Review results article to application of learning models This show that application of learning models contextual capable increase activity as well as results learning, esp in context learning education physical.

Learning model Tactical, as in explored in article “The Meaning of Physical Education for Students Reviewed from Aspect Responsibility” (Karisman & Wahyuni, 2019) show as well as impact positive to results Study participant educate. Learning model tactical in a way significant increase Skills Study participant educate, as well capable difference striking motivation between learning models approach tactical as well as approach traditional. Learning model approach tactical show more influence big to motivation participant educate compared to with approach traditional.

Regarding Learning Models Thematic capable of two articles included in category inclusion namely “Development of Learning Models Thematic Integrative Physical Education in Science Subjects in Elementary Schools” by (Giartama et al., 2018) . Review results article show that learning model thematic integrative This worthy applied in the learning process education physical at school base. Developed material For school base class II capable accepted with Good as well as capable applied in a way effective, so capable become description as well as reference valuable for teacher education physical For create material more learning varies as well as innovative.

Learning Model (Learning Active, Creative, Effective, as well Fun ) covered in two articles with category inclusion . One of the article entitled “The Influence of Physical Education Learning Models”. Against “Fitness Level Inpres Elementary School Physical Btn Ikip II Makassar” (Jamaluddin, 2016). Article review results to application of learning models This show that use of learning models movement (PAKEM Penjasorkes Model ) more effective in increase results Study education physical, sports, as well health specifically fitness physical participant educate compared to with learning conventional . model. The application of the PAKEM learning model is proven increase results learn PJOK.

The Online Learning Model has two articles included in category inclusion, is “pjok learning during the covid-19 pandemic on students' physical activity learning outcomes” (Wijaya, 2022) . Based on article review results about application of learning models this, research show that Physical Education learning Sport and Health ( PJOK ) online walk in a way effective. The online learning model is capable applied in education physical use Schoology portal method as well as vlogs. that method involve video app for demonstrate movements in realm psychomotor (nature practice).

Learning model Hellison own three included articles in category inclusion. One of them entitled “Application of Learning Models Based Character in Physical Education to Physical Education Teachers throughout Kuantan Singing” (Dupri et al., 2019). Based on article review results about application of learning models This is the use of learning models Hellison as well as proven soccer-like games approach capable increase attitude not quite enough answer as well as Skills play participant educate in learning physical education. Hellison Model show that its implementation capable increase a sense of responsibility answer participant educate, as seen in use tool learning physical education, so the Hellison model is the right choice For teach character of the participants educate in Physical Education learning.

Blended Learning Learning Model has three included articles in category inclusion . One of them entitled “Sports Education Learning Based on Blended Learning for School Upper Middle” (Masgumelar & Mustafa, 2021) . Based on results of review of articles on the application of learning models this, research show that the use of blended learning is possible learning become more professional in overcome need Study with effective, efficient, and way interesting .

Test result show that learning model education physical give Lots benefit. It includes innovative models as well as relevant capable increase involvement participant educate as well as performance in a way whole. In addition, these models has show enhancement in health as well as well-being physical, as well increasing involvement participant educate in the learning process. Based approach technology, inclusive, as well emphasize competence as well as collaboration show indication achievement positive results.

## **CONCLUSION**

Based on results study with approach review literature systematic, capable concluded that utilization of learning models education physical at school base as well as intermediate give impact positive to participant educate. Application of innovative models as well as relevant has proven increase participation participant educate, result learning, health, as well well-being physical, as well enhancement involvement in the learning process. Learning model based competency, collaborative, based technology, as well inclusive show significant trend.

Among the 88 articles analyzed, the model is dominant during One decade final is a learning model cooperatively consistent explored with various type like tournament game team (TGT), puzzle, numbered heads Together (NHT), game teaching For understanding

(TGfU), achievement division team participant education (STAD), investigation group (TGI), as well individualization help team (TAI).

In short, a review literature systematic produce diverse findings. Review This expected capable help teacher education physical in consider appropriate learning models For experience effective learning as well as innovative, which is ultimately increase participation participant educate, result learning, health, as well involvement. Opportunity future research Possible involve analysis comparative from different learning models, using group control as well as experiment for in a way objective identify the most effective models in increase results learning education physical.

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