Literature review: Physical education in the covid-19 pandemic

Mujiono¹, Novri Gazali²
¹²Departement Physical Education, Universitas Islam Riau, Street Kaharuddin Nasution No. 113. Pekanbaru, Riau, 28125, Indonesia
email: mujiono@student.uir.ac.id¹, novri.gazali@edu.uir.ac.id²

Abstract
Currently, teachers and students face problems regarding the learning media used during online learning for physical education. Meanwhile, most students stated that online learning for physical education during this pandemic was not yet fully effective. The purpose of this literature study was to provide a review of the latest research related to physical education learning during the Covid-19 pandemic. The research method is literature study or literature review. Data collection for literature studies was carried out using a database search tool, a phase of searching for literature sources from journals starting from 2017 to 2018. This data collection uses the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) method. The research was carried out by analyzing journals and then making a summary related to the study's questions and objectives. The procedure for searching journals to become material in this study is to have criteria according to the PICOT procedure. Based on the articles that have been found and analyzed, the online learning model can be applied in physical education with the Schoology portal method and vlogs and can also use the distance learning model with a collaborative approach.

INTRODUCTION
At the end of 2019, to be precise on December 31, 2019, WHO, the World Health Organization, announced the emergence of a case of pneumonia with an unknown etiology detected in the city of Wuhan, China (Lee, 2020) and rapidly spreading throughout China trying to describe the clinical characteristics of this case (Guan et al., 2020). The World Health Organization says that the new coronavirus, which has so far spread from China to 26 countries worldwide, does not appear to be like other deadly viruses, including SARS and MERS (Mahase, 2020). To date, many patients infected with SARS-
CoV-2 have mild symptoms such as fever, sore throat, and mild cough. Many cases have been resolved quickly. However, some cases have developed into a fatal complication leading to organ failure, septic shock, pulmonary edema, severe pneumonia, and acute respiratory distress syndrome (ARDS) (Sohrabi et al., 2020).

Centers for disease prevention and control have recommended avoiding meetings with more than ten people in recent years (Chick et al., 2020). Medical care is a crucial way to prevent infectious diseases today (Garzotto et al., 2020). In this situation, a person is prevented from entering the location infected by the disease to prevent it from spreading. In the same vein, the people at that location were prevented from getting out of it, whether the person is infected or not. However, quarantine is considered in contemporary times as a mechanism to prevent humans from spreading infectious diseases, and the reason is that quarantine is used to control and control the risk of outbreaks (Goje, 2017). The pandemic (COVID-19) is causing substantial morbidity and mortality, tiring health care systems, shutting down economies, and closing school districts. This closure of schools can exacerbate the obesity epidemic in childhood and increase the gap in the risk of obesity (Rundle, Park, Herbstman, Kinsey, & Wang, 2020). Physical activity is a body movement performed by skeletal muscles that require expenditure. However, the COVID-19 pandemic has limited physical activity in people of all ages. In many countries, indoor and outdoor sports and recreational facilities, such as gyms, swimming pools, and playgrounds, are closed (Shahidi, Stewart Williams, & Hassani, 2020).

The spread of Covid-19 has had a profound effect on the economy, which is starting to diminish, but currently, the result is being felt in education. The decision was made in many countries, including Indonesia, by stopping all educational activities and activities created by related institutions. The government has to present and make alternative education for students and students who cannot carry out educational institutions (Hidaayatullaah, Simamora, Fehabutar, & Menengah, 2020). Indonesia and the rest of the world are faced with the challenges of changing work environments and increasingly disruptive ways of working in the era of the industrial revolution 4.0 (Verawardina & Jama, 2019). This has led to testing distance education on an unprecedented scale (Sun, Tang, & Zuo, 2020). The Chengdu Sports University took advantage of carefully compiling a guidebook for home exercise to prevent this epidemic for people to read for free. This book guides the general public from a professional perspective on fitness activities in the environment (Kan & Zhou, 2020).

Throughout the Covid-19 pandemic, there has been a growing dependence on technology to learn, live, and stay connected. This group will further explore how technology becomes essential during isolation and social distance and is used to improve and maintain well-being for children (Goldschmidt & Msn,
In situations where students are not allowed to go to school, the alternative is to switch from traditional to online education. In this case, an important part is the reach of the internet, the availability of a computer or smartphone (Basiliaia & Kvavadze, 2020).

The Coronavirus outbreak has significantly accelerated the development of online education (Zhu & Liu, 2020). Social enforcement against Covid-19 encourages learning activities to be carried out online (Gunawan, Suranti, & Fathoroni, 2020). At this time, many new applications have emerged that are specifically used as tools and media in carrying out education or distance learning, including using Whatsapp Group and Face-to-Face Learning Webinar Zoom Meeting (Firman et al., 2020). Blended learning is also a learning model that can be offered to improve the quality of education. This learning model combines face-to-face learning and online learning (Banggur, Situmorang, & Rusmono, 2018). Students provide feedback to the teacher and ask questions related to teaching materials and assignments. Students also learn from other students’ questions when they participate in this meeting (Choi, Ho, & Smith, 2020).

But for now, the problem is being faced by teachers and students where physical education teachers always experience obstacles regarding the learning media used during online learning (Komarudin & Prabowo, 2020). Meanwhile, most students stated that online learning for physical education during this pandemic was not yet fully effective (Nopiyanto, Raibowo, Suryatama, & Ibrahim, 2020).

In physical education, several aspects must be carried out like this, namely cognitive, affective, and psychomotor aspects how teachers' role is required to remain creative even during this current pandemic. Teachers must follow every government policy and find ways so that learning can take place even when studying at home. Online learning is a learning model that uses and utilizes multimedia technology such as virtual classes, animated online texts, voice messages, e-mails, videos, streaming videos, conference calls, and various other media. Learning can be carried out massively, and the number of participants is not limited and can be carried out for free or paid (Jayul & Irwanto, 2020). Learning in PJOK subjects under challenging times like this still has the potential and opportunities to continue to be implemented, even though schools, teachers, and students have limitations in internet accessibility, lack of facilities and infrastructure, lack of support for android-based technology devices (cellphones) (Herlina & Suherman, 2020).

Based on this description, an article review was carried out with the aim of research to determine the effectiveness of physical education learning during the Covid-19 pandemic. This is very necessary to decide on the implementation and impact of physical education learning during the Covid-19 pandemic, with the hope of providing information.
METHODS

The method used is literature study or literature review. A literature study is a research design used in collecting data sources related to a topic. The literature study aims to describe the main content based on collecting information obtained (Herliandry, Nurhasanah, Suban, & Kuswanto, 2020). The strategies used in the literature search were obtained through national and international journal provider databases. National and international journal providers can be accessed through several websites. Access used in the search for reviewed articles used a search database from Google Scholar, Eric, and Scopus, which then used the search term "physical education during the Covid-19 pandemic". The period of the articles is from 2017 to 2020. This study uses the inclusion criteria of 15 bibliographies. The stage of identifying items first with the findings of 158 articles on Google Scholar, 309 articles on Eric, and 9 article findings on Scopus. Furthermore, these articles were screened into 25 national articles and 20 international articles. The appropriate screening results and what is needed are 7 National Journal articles and 6 International Journal articles.

Data collection for literature studies was carried out using a database search tool to search for literature sources. This data collection uses the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) method. The research was carried out by analyzing journals and then making a summary related to the study's questions and objectives. The procedure for searching journals to become material in this study is to have criteria following the PICOT procedure. The questions used to review the journal have been adjusted to the PICOT method; each question has P = problem/population. In this study, researchers used learning as a problem. I / E = implementation/intervention/exposure, researchers examined what happened to physical education learning during the Covid-19 pandemic. C = control/comparison intervention, the researcher did not use comparison or control intervention in the study. T = time, researchers conducted journal review research during the Covid-19 pandemic to determine what learning activities were like during the Covid-19 pandemic.
## FINDINGS AND DISCUSSION

### Findings

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<td>Descriptive</td>
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<td>Online physical education learning is currently very effective. With a system of assigning and utilizing digital platforms properly to continue learning theoretically and physically. So that the learning objectives are still being achieved. Teachers and lecturers of physical education currently use e-learning a lot as their teaching material so that the theoretical and practical learning that you want to aim at is achieved following the learning objectives itself.</td>
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<td>WFH (Work from Home) is currently carried out in physical education learning to prevent viruses from occurring. Learning is carried out from home by utilizing the teacher's teaching, both theoretically and practically. So that even if only at home, they are still productive and active.</td>
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<td>13</td>
<td>Agus Purwanto, 2020</td>
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<td>In this study, I think that during the current pandemic, many learning innovations are offered to facilitate the learning process, especially for physical education learning, one of which is the Schoology portal; this portal is one of the outlets that can be used to carry out physical education learning activities where this portal able to provide and present the same learning as in class. Schoology can help in understanding because it functions to share ideas, files, activity agendas, and assignments that can create teacher and student interactions (Azizah, Suyatna, &amp; Wahyudi, 2017), as well as open up vast communication opportunities so that it is easier to take part in discussions and teamwork (Purnomo, Mansir, Tumin, &amp; Suliswiyadi, 2020). This portal is also equipped with various media that can help, such as audio, video, and images. Physical education learning with the e-learning model using Schoology provides an exciting experience in physical education learning because the method has a video application, which can be used to demonstrate movements in the psychomotor realm (Hasibuan &amp;</td>
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Damanik, 2020). Students also get feedback in the form of activity comments about the educator's lack of explanation so that students get information from the educator directly. Physical education can also be done using video vlogs, where students can see many vlog videos about physical activities currently available on the video provider platform. Educators can also provide practical assignments with students making vlog videos of physical activities according to their interests and learning material to be discussed, then sent back to the educators. Apart from Schoology and vlogs, there are many more platforms that can be used for physical education learning so that learning objectives are achieved. In my opinion, the teaching carried out using this method is still in line with the concept of PJOK learning because students are yet required to be active in education.

A study stated that Chengdu Sports University took advantage of the sports medicine discipline by compiling a Guide to Exercise at Home (Kan & Zhou, 2020). Making books is done to encourage students to keep moving at home and continue learning with existing manuals. Students are carried out physical education learning looking at the current guidelines, then doing the movements according to the guidebook. Buka is an essential source of physical education learning to add insight for every reader. Physical education is indeed famous for physical movement, but books that support physical education make them have broad insights, useful in physical exercise and good in theory. So that in addition to getting physical health from their activities, they also get a lot of unknown knowledge and ideas. Learning that is carried out using manual books is still in line with physical education learning. However, not all students can understand the manual, so they need other help.

One study also stated that the 2019 pandemic virus disease (COVID-19) exacerbated the obesity epidemic in childhood and increased the gap in the risk of obesity due to school closures and physical education learning activities (Rundle et al., 2020). Physical education is education that uses much physical activity and is accompanied by its theory. Physical education, which is the source of learning for children's movements, is currently hindered by the virus that continues to spread. Many children make physical education their weekly physical activity and exercise. The source of their physical activity and sports cannot be done as usual. Physical education helps children lose weight and maintain their health so that when things change like this, they are more silent. Teachers must be able to make how physical education learning can continue to run to reduce the risk of obesity in children. Here the teacher must play an active role in making physical education learning continue even during a pandemic like now so that learning physical education is achieved.

In the third article, it was stated that physical education learning is identical to physical activity. Physical activity is defined
as body movements performed by skeletal muscles that require expenditure. However, the COVID-19 pandemic has limited physical activity in people of all ages. In many countries, indoor and outdoor sports and recreational facilities, such as gyms, swimming pools, and playgrounds, are closed. Online communication for work, leisure, and shopping is now part of the daily family routine, and children use the Internet for school work and social interactions (Shahidi et al., 2020). Physical education is currently very disturbed by the Covid-19 epidemic; all physical education activities that are carried out cannot be carried out as usual. Physical education cannot do sports, both outdoor and indoor. So that all the lesson plans that are made fall apart. Physical education is synonymous with physical movement and the field, while physical contacts make physical education impossible to do directly. Physical education online is the way out nowadays by utilizing existing platforms to achieve physical education learning goals. Physical education online is the best way to achieve the desired learning goals achieved because online learning makes it easy for teachers and students.

Subsequent research states that current physical education must foster a festive spirit and focus on virtual learning environments so that it can continue to move, at least for now (Heidorn, 2020). Current physical education using the internet makes it easy for teachers and students. Physical education can continue by keeping students moving. Physical education learning virtually makes students easy to see movements, and they can repeat and look back continuously as they need by recording them (Heidorn, 2020). Physical education teachers need to foster a festive spirit and focus on students so that physical education achieves its goals.

In the following research, it is stated that the learning potential for the subjects of Physical Education, Health, and Sports during the Covid-19 pandemic is very open, even though the school area or environment is not equipped with infrastructure to support online learning. Learning can be done using a distance learning model and making a collaborative approach with students’ parents using a monitoring sheet for student learning activities. The distance learning model for PJOK subjects with a collaborative approach with parents of students is a solution and potential for learning in schools and regions that cannot implement online learning, which is constrained by the internet network, supporting facilities and infrastructure as well as the lack of teacher and student mastery of online learning (Herlina & Suherman, 2020). Learning models like this are beneficial for those in difficult areas to reach the internet but can still carry out learning activities well to achieve the desired learning objectives.

Apply physical education or physical activity classes with time tables set incrementally to avoid overcrowding (Chen et al., 2020). In times like this, physical education is not possible with many students. This makes the teacher have to create a
schedule and time for students by dividing it. So that there is no density when doing physical activities when learning physical education, at present, physical education cannot be done face-to-face, with this virus has the opportunity to create new clusters if students continue to attend school, but for areas that are still safe from Covid 19, it can be done.

During the lockdown period, the emotional level of students changed how their emotions during physical education learning had changed significantly from before during the Covid-19 pandemic. Pandemic made students have an unstable emotional level in carrying out physical education learning. This is because Physical education is not carried out as usual and requires them to face new things that they have not met before, such as physical education learning, which is carried out online. Physical education teachers must create an atmosphere that makes students stable and not disturbed by their emotional level if the teacher's knowledge does not reassure students so that students do not feel too burdened even though the learning is not as usual.

Physical education teachers must be considered essential health experts during this pandemic period because they can guide and stimulate individuals to regularly practice physical exercise to maintain and improve their health (Filho et al., 2020). Here, the physical education teacher must guide students to continue practicing physical activity regularly to support student health during a pandemic. Therefore the role of physical education teachers is vital to keep students moving in times like this. Things like this are essential and in line with physical education learning.

Physical education is part of the curriculum; at this time, physical education has an irreplaceable role (Xie, 2020). Physical education is a critical education, especially today, which makes physical education play its role as education that functions to maintain student health. So that his health is maintained in times like this; therefore, physical education must keep students moving in learning as it is today. The teacher must emphasize students’ learning that is continually moving but still in a happy atmosphere so that students are not bored with the teaching being carried out.

Physical education teachers in inclusive schools assign assignments to children with special needs to practice sports every morning. The teacher coordinates with parents to make videos of sports activities carried out by children with special needs (Jauhari, Sambira, & Zakiah, 2020). Physical education learning has also changed in the education of children with special needs. Where teachers are currently also changing the learning methods, they do in physical education learning. Physical education, which is supposed to make the development of children with special needs better, currently can only be done at home and through online learning that has been made. The best thing is online education for all students, even though this is not good for students with special needs.
The Covid-19 pandemic has forced the learning system on campus to change drastically from face-to-face meetings to online learning, especially in learning physical education (Setiawan, Kresnapati, & Setiawan, 2020). Physical education learning is also influential in campus learning during the current pandemic. Currently, physical education learning can only be done with an online system. To make drastic changes in the existing physical education learning system, the teaching they do online depends on their instructors to shape the learning as to what they must get and the real purpose of physical education learning.

The implementation of online PJOK learning needs to be known for its effectiveness so that it is evaluated to find exact remedial steps so that they are ready to face the new average era (Sari & Sutapa, 2020). Physical education learning is currently carried out online; this makes many question its effectiveness. Therefore, this learning needs to be evaluated and continuously improved in terms of quality and effectiveness. Of course, teachers are required to be creative in learning physical education online. Teachers must continue developing in terms of their mindset and creativity to continue to present the best physical education learning innovations for their learning, to get the physical education learning objectives.

Google form can be used as an online assessment application for physical education learning for students and lecturers because the application display is easy to understand and how to operate. It is quite simple, and the link is easily accessible (Bafadal, 2020). Physical education learning is currently done online, making assessments also done online. This is very effective for students and lecturers alike. The use of google form in physical education learning makes one a very effective alternative because it is straightforward to understand and operate.

Work From Home can effectively be done in physical education if both teachers and schools live it responsibly (Purwanto, 2020). Of course, physical education learning currently being carried out is not a desire that all educational people want, especially physical education. This is a challenge for physical education teachers to be able to make the current learning effective. The teacher must be responsible for the knowledge carried out; this is very good for students to build their sense of responsibility for what has been ordered by the teacher and vice versa. The teacher must be responsible for continuing to provide cooperative learning but still have to see the physical education learning area's goals to achieve the desired thing.

Physical education can continue like this by utilizing a distance learning model with a collaborative approach. This is done because not all places have regular internet coverage, so this model is very suitable for the physical education learning process. Physical education learning can still run with printed modules, printed teaching materials, published study guides, and SMS. Printed teaching materials or books can be a handy guide for students. In
addition to students getting the correct practice
guide, they are also given knowledge of the
theory. Students can also use television as a
learning medium. Because at one of the
national television stations, namely TVRI,
they make home study programs, including
physical education learning. Parental
participation and intervention are very
influential in this learning model; parents must
work with educators to provide information
about their child's learning development. This
learning model is beneficial for remote areas
and makes physical education learning
continue as desired. In this case, the
government has taken excellent action to make
it easier for students to provide information to
students, especially physical knowledge itself.

CONCLUSION

Online learning provides convenience
and effectiveness for physical education
learning, which can provide knowledge from a
distance by utilizing other supporting
platforms and applications, and online learning
can still perform physical activities even
though online. However, this needs to be
adjusted to local conditions, have different
internet reach, and the ability of each parent to
facilitate this online learning. The key is to
maximize the ability of students to learn in a
pandemic like this.

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