SINTAKS PEMBELAJARAN 'IRMA'

SMART Modul Deteksi Dini Kanker Payudaradalam Pembelajaran PJOK

Innovation in Reproductive & Maternal Awareness

A. FILOSOFI SINTAKS IRMA

DEFINISI AKRONIM IRMA

Huruf	Tahapan
I	INSPIRASI & IDENTIFIKASI
R	REPRESENTASI & RISET
M	MODELING & MASTERY
A	APLIKASI & ASSESSMENT

LANDASAN TEORETIS

Sintaks IRMA dikembangkan berdasarkan:

- **Constructivist Learning Theory:** Siswa membangun pengetahuan melalui pengalaman
- **Social Learning Theory:** Pembelajaran melalui observasi dan modeling
- **Experiential Learning Cycle:** Concrete experience → Reflection → Abstract conceptualization → Active experimentation
- **Competency-Based Learning:** Fokus pada penguasaan keterampilan spesifik

KARAKTERISTIK SINTAKS IRMA

✅ **Student-Centered:** Menempatkan siswa sebagai pusat pembelajaran
✅ **Interactive:** Melibatkan interaksi multi-arah
✅ **Progressive:** Pembelajaran bertahap dari sederhana ke kompleks
✅ **Holistic:** Mengintegrasikan kognitif, afektif, dan psikomotor
✅ **Technology-Enhanced:** Memanfaatkan teknologi untuk optimalisasi
✅ **Culturally-Responsive:** Menghormati nilai budaya lokal

B. TAHAPAN SINTAKS IRMA

TAHAP I: INSPIRASI & IDENTIFIKASI

⏰ **Durasi: 10-15 menit (20-25% dari total waktu pembelajaran)**

Tujuan Tahap

- Membangkitkan motivasi dan minat belajar siswa
- Mengidentifikasi prior knowledge dan misconceptions
- Menciptakan emotional connection dengan materi
- Menetapkan learning goals yang jelas dan meaningful

Aktivitas Guru

INSPIRASI (5-8 menit):

- **Opening Hook:**
  - Testimoni video survivor kanker payudara muda
  - Statistik shocking tentang kanker payudara di Indonesia
  - Success story deteksi dini yang menyelamatkan hidup
  - Personal story atau case study lokal

- **Emotional Connection:**
  - "Bayangkan jika ini terjadi pada orang terkasih"
  - "Apa yang akan kamu lakukan untuk melindungi masa depanmu?"

- **Motivational Statement:**
  - "Today, you will learn a life-saving skill"
  - "Pengetahuan hari ini bisa mengubah masa depan"

IDENTIFIKASI (5-7 menit):

- **Prior Knowledge Check:**
  - Quick poll: "Apa yang kamu ketahui tentang kanker payudara?"
  - Myth or Fact game interactive
  - Fear or misconception identification

- **Learning Needs Assessment:**
  - "Apa yang ingin kamu pelajari hari ini?"
  - Comfort level check untuk topik sensitif
  - Personal goal setting

Aktivitas Siswa

- Aktif merespon opening hook dengan pertanyaan atau komentar
- Mengikuti quick assessment dengan jujur
- Menyampaikan ekspektasi dan kekhawatiran
- Menetapkan personal learning goals
- Berpartisipasi dalam ice breaker activities

Tools & Media

- 📱 Interactive polling app (Mentimeter, Kahoot)
- 🎥 Short inspirational videos (2-3 menit)
- 🎯 Digital whiteboard untuk brainstorming
- 📊 Pre-assessment digital quiz

Assessment Indikator

- Tingkat antusiasme dan engagement siswa
- Kualitas respon dalam diskusi pembuka
- Akurasi self-assessment prior knowledge
- Kejelasan personal learning goals yang ditetapkan

TAHAP R: REPRESENTASI & RISET

⏰ **Durasi: 15-20 menit (35-40% dari total waktu pembelajaran)**

Tujuan Tahap

- Menyajikan informasi essential secara sistematis dan menarik
- Mendorong siswa untuk mengeksplorasi dan menggali informasi
- Membangun conceptual understanding yang kuat
- Menggunakan multiple representation untuk accommodating different learning styles

Aktivitas Guru

REPRESENTASI MULTIMODAL (8-12 menit):

- **Visual Representation:**
  - Interactive 3D anatomy model payudara
  - Infografis statistik dan fakta terkini
  - Flowchart proses deteksi dini

- **Auditory Representation:**
  - Expert interview audio clips
  - Survivor testimony podcasts
  - Medical explanation dengan clear pronunciation

- **Kinesthetic Representation:**
  - Hand gesture demonstration
  - Tactile exploration dengan breast models
  - Role-play scenarios

RISET TERBIMBING (7-8 menit):

- **Guided Information Seeking:**
  - Structured web quest dengan reliable sources
  - Peer-to-peer information sharing
  - Expert resource consultation

- **Critical Information Evaluation:**
  - Source credibility assessment
  - Fact vs opinion differentiation
  - Misinformation detection skills

Aktivitas Siswa

- Aktif mengeksplorasi multiple representations
- Mengajukan pertanyaan clarifying dan probing
- Mencari informasi tambahan dengan guidance
- Berkolaborasi dalam knowledge building activities
- Mengevaluasi sumber informasi secara kritis

TAHAP M: MODELING & MASTERY

⏰ **Durasi: 15-20 menit (35-40% dari total waktu pembelajaran)**

Tujuan Tahap

- Mendemonstrasikan keterampilan SADARI dengan teknik yang benar
- Memberikan guided practice opportunities
- Memfasilitasi skill mastery melalui repeated practice
- Membangun confidence dan competence siswa

Aktivitas Guru

EXPERT MODELING (5-7 menit):

- **Live Demonstration:**
  - Step-by-step SADARI technique demonstration
  - Think-aloud protocol selama demonstrasi
  - Common mistakes highlighting

- **Video Modeling:**
  - Multiple angle camera shots
  - Slow-motion untuk detail movements
  - Expert commentary overlay

GUIDED PRACTICE (10-13 menit):

- **Scaffolded Practice:**
  - Practice dengan full guidance
  - Gradual guidance reduction
  - Independent practice dengan observation
  - Peer practice dengan feedback

- **Formative Feedback:**
  - Real-time technique correction
  - Positive reinforcement untuk progress
  - Specific improvement suggestions

Aktivitas Siswa

- Mengobservasi demonstrasi dengan focused attention
- Mengajukan clarifying questions tentang teknik
- Berpartisipasi dalam guided practice dengan enthusiasm
- Memberikan dan menerima constructive feedback
- Mempraktikkan skill dengan increasing independence

TAHAP A: APLIKASI & ASSESSMENT

⏰ **Durasi: 8-12 menit (15-20% dari total waktu pembelajaran)**

Tujuan Tahap

- Menerapkan pengetahuan dan keterampilan dalam situasi authentic
- Mengevaluasi pencapaian learning objectives
- Merencanakan action steps untuk continued learning
- Membangun commitment untuk long-term behavior change

Aktivitas Guru

AUTHENTIC APPLICATION (4-6 menit):

- **Real-World Scenarios:**
  - Case study problem solving
  - Role-play emergency situations
  - Decision-making scenarios
  - Peer education simulations

- **Transfer Opportunities:**
  - Application ke different contexts
  - Cross-curricular connections
  - Community service planning

COMPREHENSIVE ASSESSMENT (4-6 menit):

- **Performance Assessment:**
  - Skill demonstration evaluation
  - Competency checklist completion
  - Mastery level determination

- **Knowledge Assessment:**
  - Quick comprehension check
  - Application scenario testing
  - Critical thinking evaluation

- **Action Planning:**
  - Personal practice schedule creation
  - Support system identification
  - Next learning steps planning

C. ADAPTASI SINTAKS IRMA UNTUK SETIAP PERTEMUAN

PERTEMUAN 1: AWARENESS & KNOWLEDGE BUILDING

Tahap	Fokus Aktivitas
I (12 menit)	Video testimoni survivor Statistik kanker payudara di Indonesia Myth or Fact interactive game
R (18 menit)	Interactive 3D anatomy exploration Guided web quest: reliable health info sources Critical evaluation: misinformation detection
M (10 menit)	Expert presentation: breast anatomy Interactive anatomy labeling Prevention strategy brainstorming
A (5 menit)	Create awareness poster outline Knowledge check quiz Commitment: "One thing I'll share with family"

PERTEMUAN 2: SKILL DEVELOPMENT

Tahap	Fokus Aktivitas
I (8 menit)	Success story: "SADARI menyelamatkan hidup saya" Empowerment: "Your hands, your power" Comfort level check untuk hands-on practice
R (15 menit)	Step-by-step SADARI video multi-angle Interactive demonstration dengan breast phantom Research different SADARI techniques
M (20 menit)	Live expert demonstration Guided practice dengan breast phantoms Peer practice dengan feedback Confidence building through repeated practice
A (2 menit)	Schedule personal SADARI calendar Skill demonstration checklist

PERTEMUAN 3: RECOGNITION & RESPONSE

Tahap	Fokus Aktivitas
I (7 menit)	Story: "Early detection saved my life" Fears identification tentang finding abnormalities
R (20 menit)	Visual gallery: normal vs abnormal findings Case studies dengan outcomes Response flowchart: What to do if... Research local healthcare resources
M (15 menit)	Demonstration: abnormality identification Role-play: appropriate response scenarios Communication practice: talking to healthcare providers
A (3 menit)	Create personal response plan Scenario-based quick quiz

PERTEMUAN 4: INTEGRATION & LIFESTYLE

Tahap	Fokus Aktivitas
I (10 menit)	Transformation story: "How this changed my life" Current lifestyle assessment Celebration: "You're now health guardians"
R (12 menit)	Lifestyle-health connection infographics Prevention strategies overview Research evidence-based prevention strategies
M (18 menit)	Demonstration: healthy lifestyle planning Personal action plan creation SMART goals setting practice Support system mapping
A (5 menit)	Final action plan presentation Comprehensive skill demonstration Commitment ceremony

D. FLEKSIBILITAS DAN ADAPTASI SINTAKS

ADAPTASI BERDASARKAN WAKTU

Durasi	Alokasi Waktu per Tahap
30 Menit(Condensed)	I: 5 menit (17%) R: 12 menit (40%) M: 10 menit (33%) A: 3 menit (10%)
45 Menit(Standard)	I: 8 menit (18%) R: 18 menit (40%) M: 15 menit (33%) A: 4 menit (9%)
90 Menit(Extended)	I: 15 menit (17%) R: 35 menit (39%) M: 30 menit (33%) A: 10 menit (11%)

ADAPTASI BERDASARKAN KONTEKS

Setting Online/Virtual

- **Tahap I:** Virtual icebreakers, digital polls
- **Tahap R:** Screen sharing, breakout rooms untuk riset
- **Tahap M:** Video demonstrations, virtual practice
- **Tahap A:** Digital portfolios, online assessments

Setting Outdoor/Lapangan

- **Tahap I:** Nature-based inspirations, group formations
- **Tahap R:** Mobile research stations, peer teaching circles
- **Tahap M:** Large group demonstrations, buddy system practice
- **Tahap A:** Action planning dalam nature setting

Setting Laboratorium/UKS

- **Tahap I:** Medical equipment sebagai hooks, professional setting
- **Tahap R:** Medical references, professional resources
- **Tahap M:** Clinical-grade models, professional technique standards
- **Tahap A:** Professional-level assessments, clinical applications

E. SUPPORTING TOOLS UNTUK SINTAKS IRMA

DIGITAL TOOLS INTEGRATION

Tahap	Digital Tools
Inspirasi &Identifikasi	Mentimeter untuk polling Kahoot untuk myth-busting YouTube untuk inspirational videos Google Forms untuk pre-assessment
Representasi &Riset	AR anatomy apps Interactive presentations (Prezi, Genially) Curated website collections Collaborative research platforms
Modeling &Mastery	Video recording untuk practice review Skill tracking apps AR guidance applications Peer feedback digital forms
Aplikasi &Assessment	Digital portfolio platforms Action planning templates Assessment rubric applications Reflection journaling apps

TRADITIONAL TOOLS BACKUP

Low-Tech Alternatives:

- **Tahap I:** Paper-based polls, printed testimonials, group discussions
- **Tahap R:** Printed materials, physical books, peer presentations
- **Tahap M:** Physical models, printed checklists, manual practice
- **Tahap A:** Paper portfolios, written reflections, verbal commitments

F. ASSESSMENT TERINTEGRASI DALAM SINTAKS IRMA

FORMATIVE ASSESSMENT PER TAHAP

Tahap I Assessment

- **Engagement Level:** Participation dalam discussions
- **Prior Knowledge:** Accuracy dalam pre-assessment
- **Motivation:** Quality of personal goals set
- **Comfort Level:** Readiness untuk sensitive topics

Tahap R Assessment

- **Information Processing:** Quality of questions asked
- **Research Skills:** Source evaluation capabilities
- **Collaboration:** Contribution dalam group activities
- **Critical Thinking:** Analysis of information presented

Tahap M Assessment

- **Skill Acquisition:** Technique accuracy improvements
- **Practice Quality:** Consistency dalam repeated practice
- **Feedback Integration:** Responsiveness to corrections
- **Confidence Building:** Self-efficacy development progress

Tahap A Assessment

- **Application Accuracy:** Correct skill demonstration
- **Transfer Ability:** Application dalam new scenarios
- **Reflection Quality:** Depth of learning insights
- **Commitment Level:** Realistic action plan creation

SUMMATIVE ASSESSMENT INTEGRATION

End-of-Lesson Assessment:

- **Knowledge Component (25%):**
  - Tahap R contribution: Information accuracy
  - Tahap M contribution: Understanding demonstration
  - Tahap A contribution: Application scenarios

- **Skill Component (50%):**
  - Tahap M primary assessment: Technique mastery
  - Tahap A validation: Authentic application
  - Progressive improvement documentation

- **Attitude Component (25%):**
  - Tahap I baseline: Initial motivation

- Tahap R development: Engagement quality
- Tahap M growth: Confidence building
- Tahap A outcome: Commitment demonstration

G. PROFESSIONAL DEVELOPMENT UNTUK GURU

TRAINING UNTUK SINTAKS IRMA

Workshop Overview:

Session 1: Understanding IRMA Philosophy (3 jam)

- Theoretical foundations
- Student-centered learning principles
- Technology integration strategies
- Cultural sensitivity considerations

Session 2: Mastering Each Stage (6 jam)

- Inspirasi & Identifikasi techniques
- Representasi & Riset facilitation
- Modeling & Mastery guidance
- Aplikasi & Assessment strategies

Session 3: Practice & Feedback (3 jam)

- Microteaching dengan IRMA
- Peer observation dan feedback
- Video analysis sessions
- Reflection dan improvement planning

Ongoing Support:

- Monthly coaching sessions
- Peer learning communities
- Digital resource libraries
- Expert consultation access

KESIMPULAN

KEUNGGULAN SINTAKS IRMA

✅ **Memorable Acronym:** Mudah diingat dan diimplementasikan guru
✅ **Logical Progression:** Flow pembelajaran yang natural dan intuitive
✅ **Comprehensive Coverage:** Mencakup semua domain pembelajaran
✅ **Flexible Application:** Dapat diadaptasi untuk berbagai konteks
✅ **Technology-Enhanced:** Mengoptimalkan penggunaan teknologi
✅ **Assessment-Integrated:** Built-in assessment untuk continuous feedback
✅ **Student-Centered:** Fokus pada active learning dan student agency
✅ **Culturally-Responsive:** Menghormati nilai dan konteks lokal

EXPECTED IMPACT

- 🎯 **Student Achievement:** Improved learning outcomes dalam semua domains
- 🎯 **Teacher Confidence:** Enhanced pedagogical skills dan comfort level
- 🎯 **Program Sustainability:** Systematic approach yang dapat direplikasi
- 🎯 **Research Contribution:** Evidence-based teaching model untuk health education

SINTAKS IRMA

Innovation in Reproductive & Maternal Awareness

Creating Competent, Confident, and Committed Health Guardians