

ABSTRAK

MENINGKATKAN HASIL BELAJAR SENAM LANTAI GULING BELAKANG MELALUI PENERAPAN MEDIA AUDIO - VISUAL SISWA KELAS VIII SMP

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Latar belakang: Rendahnya hasil belajar materi senam lantai guling belakang para siswa terhadap kegiatan yang diadakan di sekolah dan juga para siswa kelas VIII A SMP Negeri 3 Kota Kupang.

Tujuan penelitian: Untuk meningkatkan hasil belajar senam lantai guling belakang melalui penerapan media audio-visual di SMP Negeri 3 Kota Kupang.

Metode penelitian: penelitian ini adalah penelitian tindakan kelas (PTK) karena dalam penelitian ini merupakan pada upaya pemecahan masalah ataupun perbaikan yang di rancang menggunakan penelitian tindakan kelas yang bersifat lefleftif dan kolaboratif.

Hasil dan pembahasan: Hasil dalam penelitian ini mempunyai dua siklus dan presentase hasil ketrampilan dalam melakukan guling belakang yaitu siklus 1 dan 2, Pada siklus 1 diketahui jumlah siswa yang mengikuti tes teknik melakukan guling belakang sebanyak 25 orang siswa. Berdasarkan hasil pelaksanaan tindakan berupa pembelajaran penjas pada materi senam lantai guling belakang melalui penerapan media audio-visual seperti diuraikan di atas, maka peneliti merefleksikan bahwa kegiatan pembelajaran tersebut telah dapat dilakukan dengan baik dan terbukti mampu meningkatkan hasil belajar senam lantai guling belakang melalui penerapan media audio-visual pada siswa kelas VIII A di SMP Negeri 3 Kota Kupang.

Simpulan: Berdasarkan hasil penelitian dan pembahasan diketahui persentase siswa kelas VIII A di SMP Negeri 3 Kota Kupang yang tuntas (NA tes melakukan gerakan guling belakang > 75) pada siklus 1 hanya 64,2%. Namun, persentase ketuntasan belajar siswa meningkat menjadi 86,32% pada siklus 2. Hal tersebut menjelaskan bahwa persentase siswa SMP Negeri 3 Kota Kupang yang tuntas semakin baik setelah siswa diberi tindakan berupa penerapan media audio-visual.

Kata kunci: Hasil Belajar, Senam Lantai, Guling Belakang, Audio-Visual

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Background: The low learning outcomes of students doing back roll floor exercise for activities held at school and also students in class VIII A of SMP Negeri 3 Kupang.

Research Objective: To improve the learning outcomes of the back roll floor exercise through the application of audio-visual media at SMP Negeri 3 Kota Kupang.

Research method: this research is classroom action research (CAR) because in this research it is a problem-solving or improvement effort that is designed using reflective and collaborative classroom action research.

Results and discussion: The results in this study have two cycles and the percentage results of skills in doing a back roll, namely cycles 1 and 2. In cycle 1 it is known that the number of students who take the technical test doing a back roll is 25 students. Based on the results of implementing the action in the form of physical education learning on the back roll floor exercise material through the application of audio-visual media as described above, the researcher reflects that the learning activities have been carried out well and have been proven to be able to improve the learning outcomes of the back roll floor exercise through the application of audio media -visual on class VIII A students at SMP Negeri 3 Kota Kupang.

Conclusion: Based on the results of the research and discussion it is known that the percentage of class VIII A students at SMP Negeri 3 Kupang City who completed the test (NA test doing a back roll > 75) in cycle 1 was only 64.2%. However, the percentage of students' learning completeness increased to 86.32% in cycle 2. This explains that the percentage of students at SMP Negeri 3 Kupang City who have completed their studies is getting better after students are given action in the form of applying audio-visual media.

Keywords: *Learning Outcomes, Floor Exercise, Back Roll, Audio-Visual*