

## ABSTRAK

### PENERAPAN PERMAINAN TRADISIONAL BENTENG UNTUK MENINGKATKAN HASIL BELAJAR LARI JARAK PENDEK PADA SISWA SMPN 3 FATULEU BARAT KELAS VII

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**Latar Belakang:** Alasan penulis menetapkan judul Skripsi di atas adalah, penulis bermaksud untuk mengadakan penelitian kepada siswa SMPN 3 Fatuleu Barat dengan judul: Penerapan Permainan Tradisional Benteng untuk meningkatkan Hasil Belajar Lari Jarak Pendek Pada Siswa SMPN 3 Fatuleu Barat Kelas VII di harapkan dengan memberikan inovasi pengejaran tersebut dapat meningkatkan hasil pembelajaran.

**Tujuan penelitian:** Penelitian yang dilakukan penulis untuk mengetahui peningkatan hasil belajar lari jarak pendek melalui Permainan Benteng pada siswa kelas VII SMPN 3 Fatuleu Barat.

**Metode Penelitian:** Adapun Jenis Penelitian ini merupakan Penelitian Tindakan Kelas (PTK). Dimana penelitian ini merupakan jenis penelitian kolaborasi antara peneliti dan guru. Instrumen Penelitian Terdapat dua hal utama yang mempengaruhi kualitas hasil penelitian yaitu kualitas instrument penelitian dan kualitas pengumpulan data (Sugiyono, 2015:305). Teknik Analisis Data Teknik analisis data yang dilakukan bertujuan untuk mengetahui peningkatan hasil belajar siswa kelas VII SMPN 3 Fatuleu Barat.

**Hasil dan Pembahasan:** Berdasarkan hasil penelitian dari data yang diperoleh pada siklus diketahui bahwa persentase Hasil Belajar Lari Jarak Pendek yang tuntas ( $\geq 75$ ) sebesar 25 % (6 anak), sedangkan yang belum tuntas 75 % (14 anak), dengan rata-rata nilai secara keseluruhan 64,58 (hasil data dapat dilihat pada lampiran).

**Kesimpulan:** Berdasarkan hasil penelitian tindakan yang telah dilaksanakan maka dapat disimpulkan bahwa Penerapan Permainan Tradisional Benteng Untuk Meningkatkan Hasil Belajar Lari Jarak Pendek Pada Siswa Kelas VII SMPN 3 Fatuleu Barat.

*Kata kunci : Hasil Lari Jarak Pendek, Permainan Benteng, Siswa Kelas VII.*

## ABSTRACT

### APPLICATION OF THE TRADITIONAL GAME FORT TO IMPROVE SHORT DISTANCE RUNNING LEARNING OUTCOMES IN CLASS VII STUDENTS OF WEST FATULEU 3 JUNIOR HIGH SCHOOL

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**Background:** The reason the author decided on the title of the thesis above is that the author intends to conduct research on the students of SMPN 3 Fatuleu Barat with the title: Implementation of the Traditional Game of Benteng to improve short distance running learning outcomes for students of SMPN 3 Fatuleu Barat Class VII, which is expected to provide innovation. Such pursuits can improve learning outcomes.

**Research objectives:** The research carried out by the author was to determine the improvement in learning outcomes for short distance running through the Benteng Game for class VII students at SMPN 3 Fatuleu Barat.

**Research Method:** This type of research is Classroom Action Research (PTK). Where this research is a type of collaborative research between researchers and teachers. Research Instruments There are two main things that influence the quality of research results, namely the quality of research instruments and the quality of data collection (Sugiyono, 2015:305). Data Analysis Techniques The data analysis technique carried out aims to determine the improvement in learning outcomes of class VII students at SMPN 3 Fatuleu Barat.

**Results and Discussion:** Based on research results from data obtained in the cycle, it is known that the percentage of short distance running learning outcomes that are complete ( $\geq 75$ ) is 25% (6 children), while those that are not yet completed are 75% (14 children), with an average score overall 64.58 (data results can be seen in the attachment).

**Conclusion:** Based on the results of the action research that has been carried out, it can be concluded that the application of the traditional game Benteng is to improve learning outcomes for short distance running in class VII students at SMPN 3 Fatuleu Barat.

**Keywords:** Short Distance Running Results, Fortress Games, Class VII Students.