

ABSTRAK

KEMAMPUAN GERAK *MOTOR ABILITY* SISWA DALAM PEMBELAJARAN PJOK UNTUK MATERI KEBUGARAN DI KELAS IXA UPTD SMPN 4 TAEBENU KABUPATEN KUPAG

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Latar belakang: *Motor ability* merupakan kemampuan fisik yang mendasari keterampilan gerak seseorang, meliputi kekuatan, koordinasi, kecepatan, keseimbangan, dan kelincahan. Dalam konteks pembelajaran PJOK di SMP, kemampuan ini menjadi indikator penting untuk menilai kesiapan fisik dan potensi pengembangan keterampilan olahraga siswa.

Tujuan: penelitian Untuk mengetahui tingkat kemampuan gerak (*motor ability*) siswa kelas IX A UPTD SMPN 4 Taebenu dalam mengikuti pembelajaran PJOK pada materi kebugaran jasmani.

Metode penelitian: Jenis penelitian yang digunakan dalam penelitian ini adalah deskriptif kuantitatif. Teknik analisis data pada penelitian ini menggunakan teknik tes dan pengukuran kemampuan *motor ability* siswa.

Hasil dan pembahasan: Hasil penelitian tentang tingkat kemampuan gerak *motor ability* siswa di UPTD SMPN 4 Taebenu diperoleh dari hasil kelima indikator *motor ability* siswa. Sesuai hasil penelitian di simpulkan bahwa siswa (92%) memiliki rata-rata nilai 70–74, yang masuk kategori cukup hingga baik, menunjukkan bahwa kemampuan gerak siswa berada dalam standar yang cukup baik namun belum optimal. Satu siswa (4%) mencapai nilai rata-rata 77, kategori baik menuju sangat baik, menandakan kemampuan motorik yang sangat bagus di semua aspek. Satu siswa (4%) memiliki rata-rata 70 atau kurang, sehingga perlu perhatian khusus dalam latihan fisik terutama pada aspek kekuatan dan kelincahan. Dari aspek per individu, skor yang sering muncul adalah koordinasi dan keseimbangan yang tinggi (≥ 85), sedangkan kelincahan dan kekuatan relatif lebih rendah (banyak berada di angka 55–65). Rata-rata keseluruhan 72,2 menunjukkan bahwa secara umum, tingkat *motor ability* siswa sudah cukup baik.

Simpulan: Kegiatan penelitian dilakukan sesuai dengan tahapan pembelajaran penjasorkes yaitu kegiatan pendahuluan atau pemanasan, kegiatan inti yang diterapkan instrument tes *motor ability* siswa dan kegiatan penutup atau pendinginan.

Katakunci: *Tingkat kemampuan: gerak motora bility siswa*

ABSTRAC

STUDENTS' *MOTOR ABILITY* IN PHYSICAL EDUCATION LEARNING FOR FITNESS MATERIAL IN GRADE IX-A, UPTD SMPN 4 TAEBENU, KUPANG REGENCY

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Background: Motor ability is the physical ability that underlies a person's motor skills, including strength, coordination, speed, balance, and agility. In the context of Physical Education (PJOK) learning in junior high schools, this ability is an important indicator for assessing students' physical readiness and potential for developing sports skills.

Objective: To determine the level of motor ability of grade IX A students at the UPTD SMPN 4 Taebenu during physical education (PJOK) learning on physical fitness.

Research Method: This study employed descriptive quantitative research. Data analysis techniques used tests and measurements of students' motor ability.

Results and Discussion: The results of this study on the level of motor ability of students at the UPTD SMPN 4 Taebenu were obtained from the results of five student motor ability indicators. The results concluded that 92% of students had an average score of 70–74, which is considered adequate to good, indicating that students' motor ability is at a fairly good standard but not yet optimal. One student (4%) achieved an average score of 77, in the good to excellent category, indicating excellent motor skills across all aspects. One student (4%) had an average of 70 or below, necessitating special attention in physical training, particularly in strength and agility. Individually, scores frequently reported were high in coordination and balance (85 or higher), while agility and strength were relatively lower (many were in the 55–65 range). The overall average of 72.2 indicates that, in general, the students' motor skills were quite good.

Conclusion: The research activities were conducted in accordance with the stages of physical education (PE) learning: preliminary activities or warm-up, core activities using the student motor ability test instrument, and closing activities or cool-down.

Keywords: Ability level: student motor skills