

ABSTRAK

Kajian Tentang Pembelajaran Menggiring Menggunakan Metode *Part*

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Latar Belakang: Pendidikan jasmani, olahraga, dan kesehatan (PJOK) merupakan bagian penting dari pendidikan yang bertujuan mengembangkan kebugaran jasmani, keterampilan gerak, dan sikap sportivitas peserta didik. Salah satu keterampilan dasar dalam permainan sepak bola yang perlu dikuasai adalah menggiring bola (*dribbling*).

Tujuan Penelitian: Bertujuan untuk mengetahui dan menganalisis efektivitas metode *part* dalam pembelajaran menggiring bola pada siswa kelas VI SD Inpres Lasiana tahun ajaran 2025/2026.

Metode Penelitian: Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian eksperimen sederhana (*one group pretest-posttest design*). Sampel penelitian berjumlah 20 siswa kelas VI yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian berupa tes keterampilan menggiring bola yang mencakup tiga aspek, yaitu sikap awal, sikap pelaksanaan, dan sikap akhir. Data dianalisis menggunakan analisis deskriptif dan uji statistik *t* sampel berpasangan (*paired sample t-test*).

Hasil dan Pembahasan: menunjukkan bahwa nilai rata-rata pretest kemampuan menggiring bola siswa sebesar 56,85 dengan kategori dominan kurang dan cukup. Setelah diberikan perlakuan berupa pembelajaran menggiring bola menggunakan metode *part* selama empat kali pertemuan, nilai rata-rata posttest meningkat menjadi 77,15 dengan seluruh siswa berada pada kategori baik dan sangat baik. Rata-rata peningkatan (*gain*) sebesar 20,3 poin. Hasil uji *t* menunjukkan nilai *t* hitung sebesar 67,67 lebih besar daripada *t* tabel sebesar 2,093 pada taraf signifikansi 5% ($\alpha = 0,05$), yang berarti terdapat perbedaan yang signifikan antara hasil pretest dan posttest.

Simpulan: pembelajaran menggiring bola menggunakan metode *part* berpengaruh positif dan signifikan terhadap peningkatan kemampuan menggiring bola siswa kelas VI SD Inpres Lasiana. Metode *part* efektif karena membantu siswa memahami teknik menggiring bola secara bertahap, sistematis, dan sesuai dengan tingkat kemampuan siswa.

Kata Kunci: metode *part*, pembelajaran PJOK, menggiring bola, sepak bola, siswa sekolah dasar.

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ABSTRACT

A Study on Dribbling Learning Using the Part Method

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Background: Physical Education, Sports, and Health (PJOK) is an essential component of education that aims to develop students' physical fitness, motor skills, and sportsmanship. One of the fundamental skills in soccer that students must master is dribbling.

Objective: This study aims to identify and analyze the effectiveness of the part method in teaching dribbling skills to sixth-grade students at SD Inpres Lasiana in the 2025/2026 academic year.

Research Method: This research employed a quantitative approach using a simple experimental design, specifically a one-group pretest–posttest design. The sample consisted of 20 sixth-grade students selected through purposive sampling. The research instrument was a soccer dribbling skill test covering three aspects: initial stance, execution, and final stance. The data were analyzed using descriptive statistical analysis and a paired sample t-test.

Results and Discussion: The results showed that the average pretest score of students' dribbling skills was 56.85, which fell predominantly into the poor and fair categories. After the implementation of dribbling instruction using the part method over four sessions, the average posttest score increased to 77.15, with all students classified in the good and very good categories. The average gain score was 20.3 points. The t-test results indicated that the calculated t-value was 67.67, which was higher than the t-table value of 2.093 at the 5% significance level ($\alpha = 0.05$). This finding indicates a statistically significant difference between the pretest and posttest scores.

Conclusion: The teaching of dribbling skills using the part method has a positive and significant effect on improving the dribbling ability of sixth-grade students at SD Inpres Lasiana. The part method is effective because it helps students learn dribbling techniques in a gradual, systematic manner that is appropriate to their ability level.

Keywords: part method, physical education learning, dribbling skills, soccer, elementary school students.