

## ABSTRAK

### **Meningkatkan Keterampilan *Servis Backhand* Dalam Permainan Bulu Tangkis Melalui Model *Problem Based Learning***

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**Latar Belakang :** Masalah umum yang sering dijumpai meliputi posisi tubuh yang kurang tepat, cara memegang raket yang belum sesuai, serta kurangnya akurasi dalam melakukan servis. Dari hasil observasi yang dilakukan peneliti pada siswa kelas VII SMP Negeri 6 Kupang Tengah, ditemukan bahwa dari jumlah siswa 29 orang yang tuntas 10 orang sedangkan yang tidak tuntas 19 orang. Dari hasil tersebut jumlah rata-rata nilai yang diperoleh siswa adalah 63 dan jumlah presentasi yang tuntas 34% sedangkan yang tidak tuntas 65%. Hal ini menyebabkan keterampilan siswa dalam bermain bulutangkis tidak berkembang secara optimal

**Tujuan Penelitian :** tujuan penelitian ini adalah untuk mengetahui penggunaan model pembelajaran berbasis masalah dapat meningkatkan keterampilan servis *backhand* dalam permainan bulu tangkis pada siswa kelas VII SMP Negeri 6 Kupang Tengah.

**Metode Penelitian :** Penelitian ini merupakan Penelitian Tindakan Kelas (PTK). PTK terdiri atas empat tahapan dalam tiap langkah. (perencanaan, pelaksanaan, pengamatan, dan refleksi). Langkah pertama, kedua dan seterusnya sistem spiral yang saling terkait perlu diperhatikan oleh peneliti. Komponen tindakan dan observasi menjadi satu komponen karena kedua kegiatan ini dilakukan secara simultan.

**Hasil Penelitian :** Berdasarkan hasil penelitian tindakan kelas yang dilakukan dalam dua siklus terhadap siswa kelas VIIA UPTD SMP Negeri 6 Kupang Tengah Satu Atap, dapat disimpulkan *Problem Based Learning* (PBL) dapat meningkatkan hasil belajar siswa dalam pembelajaran *servis backhand* dalam bulu tangkis. Pada siklus I, hasil belajar siswa belum mencapai kriteria ketuntasan klasikal yang ditetapkan, di mana hanya 34% siswa yang tuntas dengan rata-rata nilai 75.. Namun setelah dilakukan perbaikan dalam siklus II, hasil belajar siswa meningkat secara signifikan hingga mencapai 100% siswa yang tuntas, dengan nilai rata-rata kelas mencapai 89.

**Kata Kunci :** *keterampilan servis backhand, permainan bulu tangkis, model PBL*

## ABSTRACT

### **Improving Backhand Service Skills in the Game of Badminton Through the Based Learning Problem Model**

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**Background:** Common problems that are often encountered include improper body position, inappropriate way of handling the racket, and lack of accuracy in serving. From the results of observations made by researchers on students in class VII of SMP Negeri 6 Kupang Tengah, it was found that of the number of students, 29 people completed 10 people while 19 people did not complete. From these results, the average number of scores obtained by students was 63 and the number of presentations that were completed was 34% while those that were incomplete were 65%. This causes students' skills in playing badminton not to develop optimally

**Research Objectives:** The purpose of this study is to find out that the use of a problem-based learning model can improve backhand service skills in badminton games in grade VII students of SMP Negeri 6 Kupang Tengah. **Research Method:** This research is a Class Action Research (PTK). PTK consists of four stages in each step. (planning, implementation, observation, and reflection). The first, second and subsequent steps of the interconnected spiral system need to be considered by the researcher. The components of action and observation become one component because these two activities are carried out simultaneously.

**Research Results:** Based on the results of class action research conducted in two cycles on students of class VIIA UPTD SMP Negeri 6 Kupang Tengah Satu Atap, it can be concluded that the application of the Problem Based Learning (PBL) model can improve student learning outcomes in backhand service learning in badminton. In the first cycle, student learning outcomes have not reached the set classical completeness criteria, where only 34% of students complete with an average score of 75. However, after improvements were made in cycle II, student learning outcomes increased significantly to reach 100% of students who completed it, with an average class score of 89.

**Keywords :** *backhand service skills, badminton games, PBL models*