

ABSTRAK

PENERAPAN METODE DEMONSTRASI UNTUK MENINGKATKAN KETERAMPILAN PASING BAWAH DALAM PERMAINAN BOLA VOLI PADA SISWA KELAS V UPTD SD INPRES TARUS 1

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Latar belakang: Berdasarkan hasil pengamatan peneliti selama mengajar di kelas V UPTD SD INPRES TARUS 1 Kabupaten Kupang ditemukan beberapa permasalahan dalam pembelajaran meliputi (1) kurangnya motivasi siswa dalam belajar penjasorkes dengan materi pasing bawah bola voli, (2) banyak siswa melakukan kesalahan pada saat melakukan teknik pasing bawah.

Tujuan penelitian: Mengetahui penerapan metode demonstrasi untuk meningkatkan keterampilan pasing bawah dalam permainan bola voli pada siswa kelas V UPTD SD INPRES TARUS 1.

Metode penelitian: Penelitian ini merupakan penelitian tindakan kelas (PTK). Yang harus dilaksanakan dalam beberapa siklus. Setiap siklus meliputi tahap perencanaan, pelaksanaan tindakan, observasi dan refleksi. Data dikumpulkan melalui observasi, dokumentasi, dan tes keterampilan pasing bawah dalam permainan bola voli. Instrumen yang digunakan meliputi lembar observasi aktivitas siswa dan rubrik penilaian keterampilan teknik dasar pasing bawah dalam permainan bola voli.

Hasil dan pembahasan: Berdasarkan hasil observasi, hasil penelitian, dan pembahasan bahwa pembelajaran pasing bawah melalui penerapan metode demonstrasi pada siswa kelas V UPTD SD INPRES TARUS 1 selama dua siklus dapat meningkatkan kemampuan siswa. Hal tersebut dapat dibuktikan dari hasil pengamatan hasil belajar siswa dari 26 siswa pada kondisi awal siklus I jumlah siswa yang mampu mencapai KKM sebanyak 5 siswa (33%); kemudian pada siklus II meningkat menjadi 22 siswa (84%) yang mampu mencapai nilai KKM 75 bahkan lebih.

Simpulan Maka dapat disimpulkan bahwa penerapan metode demonstrasi dapat meningkatkan keterampilan pasing bawah dalam permainan bola voli sangat meningkat dengan ketuntasan 84% pada siswa kelas V UPTD SD INPRES TARUS 1.

Kata kunci: Metode demonstrasi, pasing bawah, bola voli.

ABSTRAC
**UNDERHAND PASING SKILLS IN VOLLEYBALL AMONG FIFTH-
GRADE STUDENTS OF UPTD SD INPRES TARUS 1**

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Background: Based on the researcher's observations while teaching fifth-grade students at UPTD SD Inpres Tarus 1, Kupang Regency, several problems were identified in the learning process, including: (1) students' low motivation in learning physical education, particularly in the underhand passing material of volleyball, and (2) many students made errors when performing the underhand passing technique.

Objective: This study aimed to determine the effectiveness of the demonstration method in improving students' underhand passing skills in volleyball among fifth-grade students at UPTD SD Inpres Tarus 1.

Methods: This study employed Classroom Action Research (CAR), which was conducted in several cycles. Each cycle consisted of four stages: planning, action implementation, observation, and reflection. Data were collected through observation, documentation, and underhand passing skill tests in volleyball. The research instruments included student activity observation sheets and an assessment rubric for evaluating students' basic underhand passing skills.

Results and Discussion: The findings indicate that implementing the demonstration method in teaching underhand passing over two learning cycles improved students' volleyball passing skills. This improvement was demonstrated by the increase in the number of students achieving the Minimum Mastery Criterion (MMC). In Cycle I, only 5 of the 26 students (33%) achieved the MMC. In Cycle II, this number increased to 22 students (84%) who obtained a score of 75 or higher. Therefore, more than 84% of the students successfully achieved.

Conclusion These findings indicate that the implementation of the demonstration method significantly improved students' underhand passing skills in volleyball, with a learning mastery rate reaching 84% among fifth-grade students at UPTD SD Inpres Tarus 1.

Keywords: demonstration method; underhand passing; volleyball.