

ABSTRAK

MENINGKATKAN KETRAMPILAN *SERVIS BAWAH* BOLA VOLI MELALUI METODE *GAME-BASED LEARNING* PADA SISWA KELAS VIII SMP NEGERI 4 FATULEU BARAT

Lores Nifu Eki 1*, Jusuf Blegur, S.Pd., M.Pd.2*, Alventur Baun, S.Pd., M.Pd.
3*, Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas
Keguruan dan Ilmu Pendidikan, Universitas Kristen Arta Wacana, Kupang,
Indonesia

Email. Lorenseky080504@gmail.com

Latar belakang: Penelitian ini dilatarbelakangi oleh rendahnya keterampilan *servis* bawah bola voli pada siswa kelas VIII SMP Negeri 4 Fatuleu Barat. Berdasarkan hasil observasi awal, sebagian besar siswa masih mengalami kesulitan dalam melakukan teknik dasar *servis* bawah, terutama pada aspek sikap awal, pelaksanaan, perkenaan bola, ketepatan, dan kekuatan. Kondisi tersebut menyebabkan hasil belajar siswa belum mencapai Kriteria Ketuntasan Minimal (KKM) yang telah ditetapkan. Oleh karena itu, penelitian ini bertujuan untuk meningkatkan keterampilan *servis* bawah bola voli melalui penerapan metode *Game-Based Learning* pada siswa kelas VIII SMP Negeri 4 Fatuleu Barat.

Metode penelitian: Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang menggunakan model Kemmis dan McTaggart, yang dilaksanakan dalam dua siklus. Setiap siklus terdiri atas tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian adalah 21 siswa kelas VIII SMP Negeri 4 Fatuleu Barat. Teknik pengumpulan data meliputi observasi aktivitas guru, observasi aktivitas siswa, tes keterampilan *servis* bawah, dan dokumentasi. Data dianalisis menggunakan analisis deskriptif kuantitatif melalui perhitungan nilai rata-rata, persentase ketuntasan belajar, serta perbandingan hasil setiap siklus.

Hasil penelitian: Menunjukkan bahwa penerapan metode *Game-Based Learning* mampu meningkatkan keterampilan *servis* bawah bola voli siswa. Pada Siklus I diperoleh nilai rata-rata sebesar 50,48 dengan kategori belum tuntas. Setelah dilakukan perbaikan pembelajaran pada Siklus II, nilai rata-rata meningkat menjadi 84,29 dengan ketuntasan belajar klasikal mencapai 100%. Selain itu, aktivitas guru dan aktivitas siswa selama proses pembelajaran juga mengalami peningkatan.

Kesimpulan: Dengan demikian, dapat disimpulkan bahwa metode *Game-Based Learning* efektif dalam meningkatkan keterampilan *servis* bawah bola voli pada siswa kelas VIII SMP Negeri 4 Fatuleu Barat.

Kata Kunci: *Game-Based Learning*, keterampilan *servis* bawah, bola voli, penelitian tindakan kelas, PJOK

ABSTRACT

IMPROVING UNDERHAND VOLLEYBALL SERVE SKILLS THROUGH GAME-BASED LEARNING METHOD IN EIGHTH GRADE STUDENTS OF SMP NEGERI 4 FATULEU BARAT

**Lores Nifu Eki 1*, Jusuf Blegur, S.Pd., M.Pd.2*, Alventur Baun, S.Pd., M.Pd.
3*, Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas
Keguruan dan Ilmu Pendidikan, Universitas Kristen Arta Wacana, Kupang.
Indonesia**

Email. Lorenseky080504@gmail.com

Beckround: This study was motivated by the low level of underhand volleyball serving skills among eighth-grade students at SMP Negeri 4 Fatuleu Barat. Based on the preliminary observations, most students experienced difficulties in performing the basic techniques of the underhand serve, particularly in the aspects of the initial stance, execution, ball contact, accuracy, and power. As a result, students' learning outcomes did not meet the established Minimum Mastery Criterion (MMC) of 75. Therefore, this study aimed to improve students' underhand volleyball serving skills through the implementation of the Game-Based Learning method.

Method: This research employed a Classroom Action Research (CAR) design using the Kemmis and McTaggart model, which was conducted in two cycles. Each cycle consisted of four stages: planning, action, observation, and reflection. The research subjects were 21 eighth-grade students of SMP Negeri 4 Fatuleu Barat. Data were collected through teacher activity observations, student activity observations, underhand serving skill tests, and documentation. The data were analyzed using descriptive quantitative analysis by calculating the mean score, the percentage of learning mastery, and comparing the results obtained in each cycle.

Results: The findings revealed that the implementation of the Game-Based Learning method effectively improved students' underhand volleyball serving skills. In Cycle I, the average score was 50.48, which had not yet met the minimum mastery criterion. After improvements were implemented in Cycle II, the average score increased to 84.29, with 100% classical learning mastery achieved. In addition, both teacher and student learning activities improved throughout the learning process.

Conclusion: Therefore, it can be concluded that the Game-Based Learning method is effective in improving the underhand volleyball serving skills of eighth-grade students at SMP Negeri 4 Fatuleu Barat.

Keywords: Game-Based Learning, underhand serve skill, volleyball, classroom action research, physical education.