

## ABSTRAK

### **Tinjauan Proses Pembelajaran Penjas Orkes Pada Olahraga Bulu**

#### **Tangkis Di Sma Plus Olahraga Nusa Timor Kupang**

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**Latar belakang:** Berdasarkan hasil pengamatan di SMA Plus Olahraga Nusa Timor Kupang, proses pembelajaran bulu tangkis berjalan sesuai jadwal dan materi. Penelitian menggunakan pendekatan deskriptif kualitatif dengan teknik pengumpulan data melalui observasi, wawancara, dan dokumentasi. Subjek penelitian meliputi guru PJOK, kepala sekolah, dan peserta didik. Data dianalisis melalui tahapan reduksi data, penyajian data, dan penarikan kesimpulan.

**Tujuan penelitian:** Untuk mengetahui dan mendeskripsikan proses pembelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan (Penjas Orkes) pada materi olahraga bulu tangkis di SMA Plus Olahraga Nusa Timor Kupang.

**Metode penelitian:** Metode Penelitian kualitatif dengan jenis penelitian deskriptif kualitatif Teknik pengumpulan data dilakukan melalui observasi, wawancara, dan dokumentasi. Teknik analisis data yang digunakan meliputi reduksi data, penyajian data, dan penarikan kesimpulan.

**Hasil penelitian:** menunjukkan bahwa proses pembelajaran bulu tangkis, khususnya teknik servis pendek, telah dilaksanakan melalui tahap perencanaan, pelaksanaan, dan evaluasi. Guru menggunakan metode demonstrasi, drill, dan praktik langsung dalam pembelajaran. Partisipasi siswa tergolong cukup baik, meskipun masih terdapat kendala seperti keterbatasan sarana dan perbedaan kemampuan siswa. Upaya yang dilakukan guru berupa pembelajaran kelompok dan latihan berulang.

**Simpulan:** proses pembelajaran PJOK pada materi bulu tangkis di SMA Plus Olahraga Nusa Timor Kupang sudah berjalan dengan baik dan efektif, namun masih perlu di perhatikan di sekolah yaitu sarana dan prasarana dalam mendukung Kelancaran Proses Pembelajaran.

**Kata Kunci:** Pembelajaran Penjasorkes, Bulutangkis.

## **ABSTRACT**

### ***Review Of The Learning Process Of Orchestral Physical Education In Badminton At Sma Plus Olahraga Nusa Timor Kupang***

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**Background :** *Observations at SMA Plus Olahraga Nusa Timor Kupang indicate that the badminton learning process is proceeding according to the schedule and curriculum. This study employs a qualitative descriptive approach, utilizing data collection techniques such as observation, interviews, and documentation. The research subjects include the physical education teacher, the school principal, and the students. Data analysis involves the stages of data reduction, data presentation, and conclusion drawing.*

**Research Objective :** *To determine and describe the learning process of Physical Education, Sports, and Health (Penjas Orkes) in badminton at SMA Plus Sports Nusa Timor Kupang.*

**Research Method :** *Qualitative research using descriptive qualitative research. Data collection techniques included observation, interviews, and documentation. Data analysis techniques used included data reduction, data presentation, and conclusion drawing.*

**Research Results :** *The study showed that the badminton learning process, specifically the short serve technique, was implemented through the planning, implementation, and evaluation stages. Teachers used demonstration, drill, and hands-on practice methods in the learning process. Student participation was quite good, although there were still challenges such as limited facilities and differences in student abilities. Teachers' efforts included group learning and repeated practice.*

**Conclusion :** *The Physical Education (PJOK) learning process regarding badminton at SMA Plus Olahraga Nusa Timor Kupang has proceeded well and effectively; however, the school still needs to address the facilities and infrastructure required to support the smooth conduct of the learning process.*

**Keywords :** *Physical Education and Health Learning; Badminton.*