

PENERAPAN PERMAINAN TRADISIONAL DAN PERMAINAN
KONVENSIONAL DALAM AKTIVITAS *WARMING UP*
TERHADAP MINAT BELAJAR
PENDIDIKAN JASMANI

ABSTRAK

Tujuan penelitian ini adalah untuk mengetahui penerapan permainan tradisional dan permainan konvensional dalam aktivitas *warming up* terhadap minat belajar pendidikan jasmani. Metode yang digunakan adalah *eksperimen* dengan desain *Post-test Only Design*. Populasi dalam penelitian ini adalah seluruh siswa kelas VII SMP Negeri 2 Cijambe Kabupaten Subang. Pemilihan sampel, peneliti menggunakan teknik *purposive sampling*, sampel yang diambil yaitu siswa kelas VII A sebanyak 23 orang dan VII B sebanyak 23 orang. Instrumen yang digunakan adalah angket dan observasi memakai skala Likert, pengolahan dan analisis data penelitian menggunakan *Software SPSS Version 18*. Hasil penelitian menunjukkan bahwa nilai $t_{hitung} (11,668) > t_{tabel} (44, 0,05)$ adalah 1.680, probabilitas / sig. $(0,000) < \alpha (0,05)$, maka dari itu terdapat perbedaan yang signifikan antara penerapan permainan tradisional dan permainan konvensional dalam aktivitas *warming up* terhadap minat belajar pendidikan jasmani. Rekomendasi penelitian ini bagi sekolah dapat dijadikan rujukan penetapan pelaksanaan pembelajaran penjas yang lebih kreatif dan inovatif dalam menerapkan pendekatan mengajar penjas sesuai keadaan internal sekolah.

Kata kunci : permainan tradisional, permainan konvensional, dan minat belajar

*SITUATIONAL INTEREST PHYSICAL EDUCATION THROUGH
TRADITIONAL GAMES AND CONVENTIONAL GAMES
IN WARMING UP ACTIVITY*

ABSTRACT

The purpose of this study was to investigate situational interest physical education through traditional games and conventional games in warming up activity. 46 students were drawn from the population in 7th grade SMP Negeri 2 Cijambe Subang. An experimental Post-test Only Design was utilized. The 23 students enrolled in the experimental group participated in traditional games warming up. Meanwhile, the 23 more students enrolled in the control group participated in conventional games warming up. Data were collected from the administration of a post-test only design to both groups to investigate the situational interest physical education on the scores with instrument questionnaire as much 38 statement and observation as much 20 statement with likert scale. The instrument was develop and adapt from An examination of situational interest and its sources program. Data analysis research was used software spss version 18. Result of this study is t value (11.668) > t table (44 , 0.05) is 1.680, the probability / sig. (0.000) < α (0.05), showed that experimental group higher significant of situational interest physical education than control group that was using conventional games. This study recommendations used to be a reference for situational interest physical education more creative and innovative in internal school.

Keywords: *traditional game, conventional game, and learning interest*