

**PENGARUH MODIFIKASI PERATURAN PERMAINAN SEPAKBOLA  
TERHADAP HASIL BELAJAR KETERAMPILAN BERMAIN  
SEPAKBOLA DALAM PEMBELAJARAN PENDIDIKAN  
JASMANI DI SMA NEGERI 1 PANDEGLANG**

**ABSTRAK**

Tujuan penelitian ini adalah untuk mengetahui pengaruh modifikasi peraturan permainan sepakbola terhadap hasil belajar keterampilan bermain sepakbola dalam pembelajaran pendidikan jasmani. Rumusan masalahnya adalah apakah ada peningkatan keterampilan *passing*, *shooting* dan *dribbling* pada pembelajaran bermain sepakbola kelompok yang sudah dimodifikasi peraturan permainan sepakbola. Metode yang digunakan adalah eksperimen. Populasi dan sampel dalam penelitian ini adalah *cluster random semplin*. Menggunakan desain penelitian *Pretest -Posttest Group Control Design*, dengan instrumen tes keterampilan bermain *passing*, *shooting* dan *dribbling*. Lokasi penelitian di SMAN 1 Pandeglang.. Uji hipotesis menggunakan uji *paired sampling t test* dan *independent sempling t test*. Hasil uji hipotesis diperoleh  $t_{hitung\ posttest\ passing\ kontrol-eksperimen} = -6,346 < t_{tabel} = -2,887$ ,  $t_{hitung\ shooting\ kontrol-eksperimen} = -6,119 < t_{tabel} = -2,887$ ,  $t_{hitung\ dribbling\ kontrol-eksperimen} = 3,300 > t_{tabel} = 2,887$ , maka hasil uji berada di wilayah  $H_a$  yaitu modifikasi peraturan permainan sepakbola meningkatkan hasil keterampilan belajar bermain sepakbola dari segi *passing*, *shooting* dan *dribbling* dengan kriteria signifikan.. Rekomendasi penelitian ini adalah guru penjas dan pembaca dapat menerapkan pendekatan ini agar hasil keterampilan belajar bermain sepakbola meningkat.

**Kata kunci** : sepakbola, keterampilan sepakbola, modifikasi

THE EFFECT OF FOOTBALL'S GAME RULES MODIFICATION TO  
LEARNING RESULT OF FOOTBALL PLAY SKILLS  
IN PHYSICAL EDUCATION LEARNING OF  
SMA NEGERI 1 PANDEGLANG

ABSTRACT

The purpose of this research was to determine the effect of football's game rules modification to the learning results of football playing skills. The problem is whether there is an increase in the skill of passing, shooting and dribbling on the football team learning with modified game rules. The method of this research was experiment method. The Population and samples in this research were taking by random cluster sampling. The research design was a pretest-posttest Control Group Design, with a test instrument of playing skills in passing, shooting and dribbling. Location of the research was SMAN 1 Pandeglang. Hypothesis was tested by paired sampling t test and independent sampling t test. The results that obtained were t-count control-experiment for passing is  $-6.346 < t\text{-table } -2.887$ , t-count control-experiment  $-6.119 < t\text{-table } -2,887$ , t-count control-experiment for shooting is  $<t\text{tabel } -2,887$ , t-count control-experiment for dribbling is  $3,300 > t\text{table } 2,887$ . Based that, the test results are in the region of  $H_a$ . So, modified football game rules improved learning results of football play skills in of passing, shooting and dribbling with significant criteria. The recommendation of this reaserch is PE teachers and readers can apply this approach in order to increase the football play skills.

Keywords: football, football play skills, modification