

**PENGARUH MODEL PEMBELAJARAN DAN KEBUGARAN  
JASMANI TERHADAP KETERAMPILAN MOTORIK KASAR  
SISWA SEKOLAH DASAR**

DISERTASI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Doktor Pendidikan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA  
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UPI Bandung, 2023

Sebuah Disertasi diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Doktorat pada Program Studi Pendidikan Olahraga

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## PERNYATAAN

Dengan ini saya menyatakan bahwa Disertasi yang berjudul “**Pengaruh Model Pembelajaran dan Kebugaran Jasmani Terhadap Keterampilan Motorik Kasar Siswa Sekolah Dasar**” ini beserta seluruh isinya adalah benar-benar karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika keilmuan yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi yang dijatuhkan kepada saya apabila kemudian ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini.

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## ABSTRAK

### **Iif Firmana (1707287). “Pengaruh Model Pembelajaran dan Kebugaran Jasmani Terhadap Keterampilan Motorik Kasar Siswa Sekolah Dasar”**

Studi ini didasarkan pada penelitian sebelumnya yang menunjukkan penurunan tingkat aktivitas fisik siswa setelah pandemi COVID-19. Penurunan tingkat aktivitas fisik disebabkan oleh beberapa faktor salah satunya adalah karena terbatasnya waktu untuk melakukan aktivitas fisik sehingga menyebabkan keterampilan motorik kasar tidak meningkat. Menyikapi hal tersebut banyak cara untuk mengatasinya yaitu dengan menerapkan model pembelajaran. Melihat temuan tersebut penelitian ini bertujuan untuk menguji apakah model pembelajaran dapat meningkatkan keterampilan motorik kasar siswa sekolah dasar. Desain yang digunakan dalam penelitian ini *factorial 2x2*, dan penelitian ini melibatkan populasi sebanyak 73 siswa, sedangkan yang dijadikan sampel 40 orang. Adapun teknik pengambilan sampel menggunakan *cluster random assignment sampling*. Instrumen penelitian menggunakan tes *passing*, *dribbling*, dan tes GPET. Dari hasil penelitian yang dilakukan oleh peneliti menunjukkan bahwa (1) Terdapat perbedaan pengaruh antara model pembelajaran TGFU dan pendekatan teknis terhadap hasil keterampilan motorik kasar siswa sekolah dasar dengan nilai  $F_h > F_t$ ,  $112,59 > 4,10$  (2) Terdapat interaksi antara model pembelajaran dan kebugaran jasmani yang memberikan perbedaan pengaruh terhadap hasil keterampilan motorik kasar siswa sekolah dasar dengan nilai  $F_{h(1)} > F_{t(1)}$ ,  $42,07 > 4,10$ ; (3) Terdapat perbedaan pengaruh antara model pembelajaran TGFU dan pendekatan teknis terhadap hasil keterampilan motorik kasar pada kelompok kebugaran jasmani tinggi dengan nilai  $Q_h > Q_t$ ,  $4,44 > 4,33$ ; (4) Tidak terdapat perbedaan pengaruh antara model pembelajaran TGFU dan pendekatan teknis terhadap hasil keterampilan motorik kasar pada kelompok kebugaran jasmani rendah dengan nilai  $Q_h < Q_t$ ,  $3,70 < 4,33$ . Dapat disimpulkan terdapat pengaruh model pembelajaran dan kebugaran jasmani terhadap hasil keterampilan motorik kasar siswa sekolah dasar.

**Kata Kunci :** Model pembelajaran, motorik kasar, kebugaran jasmani

## ABSTRACT

### **Iif Firmana (1707287). "The Effect of Learning Models and Physical Fitness on Gross Motor Skills of Elementary School Students"**

This study is based on previous research showing a decrease in students' physical activity levels after the COVID-19 pandemic. The decrease in the level of physical activity is caused by several factors, one of which is due to the limited time for physical activity, causing gross motor skills to not increase. In response to this, there are many ways to overcome it, namely by applying a learning model. Seeing these findings, this study aims to test whether the learning model can improve elementary school students' gross motor skills. The design used in this study was factorial 2x2, and this study involved a population of 73 students, while the sample was 40 people. The sampling technique uses cluster random assignment sampling. The research instrument used the passing, dribbling, and GPET tests. The results of the research conducted by the researchers showed that (1) there was a difference in the effect of the TGFU learning model and the technical approach on the gross motor skills results of elementary school students with a value of  $F_h > F_t$ ,  $112.59 > 4.10$  (2) there was an interaction between the models learning and physical fitness which have a different effect on the results of gross motor skills of elementary school students with a value of  $F_h(I) > F_t(I)$ ,  $42.07 > 4.10$ ; (3) There is a difference in the effect of the TGFU learning model and the technical approach on the results of gross motor skills in the high physical fitness group with a value of  $Q_h > Q_t$   $4.44 > 4.33$ ; (4) There is no difference in the effect of the TGFU learning model and the technical approach on the results of gross motor skills in the low physical fitness group with  $Q_h < Q_t$   $3.70 < 4.33$ . It can be concluded that there is an influence of learning models and physical fitness on the results of elementary school students' gross motor skills.

**Keywords:** Learning models, gross motor skills, physical fitness

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