

**PENERAPAN MODEL DISCOVERY LEARNING DALAM
PEMBELAJARAN KETERAMPILAN BERMAIN FUTSAL DAN
PENGEMBANGAN EFIKASI DIRI SISWI SMA NEGERI 24 KABUPATEN
TANGERANG**

SKRIPSI

Diajukan untuk memenuhi syarat memperoleh gelar Sarjana Pendidikan Program
Studi Pendidikan Jasmani Kesehatan dan Rekreasi



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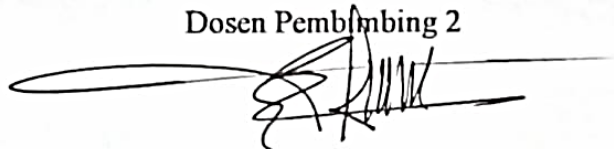
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Model pembelajaran termasuk ke dalam aspek penting dalam pengajaran, salah satunya model Discovery Learning. Model pembelajaran ini memberikan kesempatan besar bagi siswa untuk berperan besar dalam proses pembelajaran, Penelitian berusaha mencari dampak model Discovery Learning terhadap keterampilan dan pengembangan efikasi diri serta keterkaitan di antara keduanya. Penelitian menggunakan penelitian eksperimen jenis PretestPosttest Control Group Design dengan jumlah sampel sebanyak 30 siswi SMA Negeri 24 Kabupaten Tangerang melalui pendekatan kuantitatif. Data dianalisis menggunakan *software* IBM SPSS 27 dengan normalitas Lilliefors serta homogenitas menggunakan One-Way Anova menunjukkan hasil $\alpha > 0,05$. Taraf signifikansi Independent Sample test menunjukkan nilai $\alpha < 0,05$. Nilai gain sebesar 59% pada keterampilan bermain dan sebesar 56% pada pengembangan efikasi diri, serta korelasi Pearson menunjukkan tingkat sedang dengan nilai 0.63 yang berarti pembelajaran Discovery Learning cukup efektif dalam meningkatkan keterampilan bermain futsal dan mengembangkan efikasi diri siswa.

Kata kunci: keterampilan bermain futsal, efikasi diri, Discovery Learning

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ABSTRACT

Learning models are included in important aspects in teaching, one of which is the Discovery Learning. This model provides a great opportunity for students to play a big role in the learning process. The study tried to find the impact of the Discovery Learning model on futsal-playing skills and self-efficacy development and the relationship between the two. The study used experimental research of the Pretest-Posttest Control Group Design type with a sample of 30 female students of SMA Negeri 24 Tangerang Regency through a quantitative approach. Data were analyzed using IBM SPSS 27 software with Lilliefors normality and homogeneity using One-Way Anova showing results $\alpha > 0.05$. The Independent Sample significance level test showed a value of $\alpha < 0.05$. The gain value was 59% in playing skills and 56% in developing self-efficacy, and the Pearson correlation showed a moderate level with a value of 0.63, which means that Discovery Learning is quite effective in improving futsal-playing skills and developing students' self-efficacy.

Keywords: futsal-playing skills, self-efficacy, Discovery Learning

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