

ABSTRAK

Zepi Kurniawan. Judul: Pengaruh Model Educational Gymnastics Terhadap Peningkatan Gerak Dasar Guling Depan Dalam Pembelajaran Senam Lantai. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Jurusan Pendidikan Olahraga. FPOK – UPI. Pembimbing I: Drs. Sucipto, M.Kes. Pembimbing II: HelmyFirmansyah, M.Pd.

Penelitian ini terfokus pada pembelajaran guling depan menggunakan Model Educational Gymnastics yang diduga berpengaruh signifikan terhadap peningkatan gerak dasar guling depan.

Penelitian menggunakan metode Eksperimen. Populasi dalam penelitian ini adalah siswa kelas VII MTS PERSIS 23 Cirengit. Sampel yang digunakan berjumlah 34 siswa dengan teknik pengambilan sampel mengacu pada Arikunto (1977:65), yaitu seluruh populasi dijadikan sampel penelitian. Instrumen penelitian menggunakan tes keterampilan, berupa Rating Scale (Schembri:1898).

Berdasarkan hasil pengolahan dan analisis dapat disimpulkan bahwa model educational gymnastics berpengaruh signifikan terhadap peningkatan gerak dasar guling depan, dengan nilai tertinggi pada kelompok eksperimen uji wilcoxon sebesar 120 sedangkan hasil uji wilcoxon pada kelompok control sebesar 28, dengan J_{tabel} sebesar 35, dengan besar perbedaan sebesar 76,7%.

Kata Kunci: Model Educational Gymnastics, Peningkatan Hasil Belajar

ABSTRACT

Zepi kurniawan. Title: Educational Gymnastics's Model influence to Base Stirred Step-up Front Rolling In Floors gymnastic Learning. Studi Pendidikan's program health Bodily and Recreation. Sporting Education majors. FPOK – UPI. I. counsellor: Drs. Sucipto, M. To s. Counsellor II.: HelmyFirmansyah, M. Pd.

This research is focussed on learning rolls front utilize preconceived Educational Gymnastics Model influential signifikan to base stirred step-up front rolling.

Research utilizes to methodic Experiment. Population in observational it is student braze VII MTS PERSIS 23 Cirengit. Sample that utilized by total 34 students with tehnik sample take points on Arikunto (1977:65), which is exhaustive population was made by sample research. Instrument observationaling to utilize essays skill, as Rating Scale (Schembri:1898).

Base processing result and analisis that disimpulan can that model educational gymnastics having for signifikan to base stirred step-up front rolling, with supreme point on agglomerate experiment tests wilcoxon as big as 120 meanwhile yielding wilcoxon's quizzes on agglomerate control as big as 28, with Jtabel as big as 35, by outgrows distinctive as big as 76,7%.

Key word: Educational Gymnastics's model, Learned Yielding step-up