

**PENGARUH PERMAINAN SIRKUIT BERBASIS PERMAINAN GERAK
DASAR TERHADAP KETERAMPILAN MOTORIK ANAK DAN
TINGKAT MOTIVASI SISWA SD SINGAWADA**

TESIS

Diajukan sebagai salah satu syarat memperoleh gelar Magister Pendidikan
Olahraga



Oleh:

Devtio Dwiwahyudi

2406291

**PENDIDIKAN OLAAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA**

2025

**PENGARUH PERMAINAN SIRKUIT BERBASIS PERMAINAN GERAK DASAR
TERHADAP KETERAMPILAN MOTORIK ANAK DAN TINGKAT MOTIVASI
SISWA SD SINGAWADA**

Oleh;

Devtio Dwiwahyudi

S.Pd Universitas Pendidikan Indonesia, 2024

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister
Pendidikan Olahraga (M.Pd.) pada Sekolah Pascasarjana Universitas Pendidikan Indonesia
Program Studi Pendidikan Olahraga

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Disetujui dan disahkan oleh:

Pembimbing I



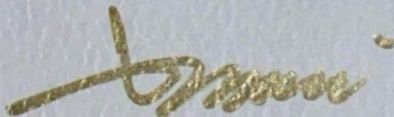
Dr. Nurvadi, M.Pd.
NIP. 197101171998021001

Pembimbing II



Dr. Agus Gumilar, S.Si., M.Pd.
NIP. 920200119840815101

Penguji I



Prof. Dr. Yusuf Hidavat, M.Si.
NIP. 196808301999031001

Penguji II



Dr. Suherman Slamet, M.Pd.
NIP. 197603062005011010

Mengetahui,

**Ketua Program Studi Pendidikan Olahraga
Sekolah Pascasarjana Universitas Pendidikan Indonesia**



Prof. Dr. H. Sucipto, M.Kes., AIFO.
NIP. 196106121987031002



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Saya yang bertanda tangan di bawah ini:

Nama : Devtio Dwiwahyudi

NIM : 2406291

Program Studi : Pendidikan Olahraga

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Tesis ini tidak akan terselesaikan tanpa bantuan, dukungan, dan bimbingan dari berbagai pihak. Oleh karena itu, penulis menyampaikan rasa terima kasih yang tulus kepada semua pihak yang telah memberikan dukungan, baik secara langsung maupun tidak langsung. Ucapan terima kasih penulis sampaikan kepada dosen pembimbing yang dengan sabar memberikan arahan dan masukan, kepada pihak sekolah yang telah memberikan izin serta dukungan dalam pelaksanaan penelitian, dan kepada keluarga tercinta yang selalu memberikan semangat dan doa dalam setiap langkah penulis. Penulis menyadari bahwa tesis ini masih jauh dari sempurna. Oleh karena itu, segala bentuk kritik dan saran yang membangun sangat penulis harapkan demi perbaikan karya ini ke depannya. Semoga tesis ini dapat bermanfaat bagi pembaca dan menjadi bahan referensi untuk pengembangan keilmuan yang lebih lanjut.

Bandung, 17 Juli 2025

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**PENGARUH PERMAINAN SIRKUIT BERBASIS PERMAINAN GERAK
DASAR TERHADAP KETERAMPILAN MOTORIK ANAK DAN
TINGKAT MOTIVASI SISWA SD SINGAWADA**

Oleh:

Devtio Dwiwahyudi

Pembimbing 1:

Dr. Nuryadi, M.Pd.

Pembimbing 2:

Dr. Agus Gumilar, S.Si., M.Pd.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh permainan sirkuit berbasis gerak dasar terhadap keterampilan motorik dan motivasi siswa SD Singawada. Penelitian menggunakan metode eksperimen semu dengan desain *pre-test-post-test* control group. Sampel terdiri dari dua kelompok, yaitu kelompok eksperimen dan kelompok kontrol, masing-masing berjumlah 36 siswa. Hasil uji paired sample t-test menunjukkan bahwa permainan sirkuit berpengaruh signifikan terhadap peningkatan keterampilan motorik siswa dengan nilai signifikansi 0,000 ($< 0,05$). Uji independent sample t-test menunjukkan nilai $t = -44,108$ dan rata-rata selisih sebesar -16,639 pada kelompok eksperimen, dibandingkan dengan $t = -29,701$ dan selisih -11,750 pada kelompok kontrol. Uji lanjut menunjukkan bahwa peningkatan tertinggi terjadi pada aspek lokomotor (mean = 24,60; SD = 1,454), dengan selisih 3,53 poin dari kelompok kontrol (mean = 21,07; SD = 1,486) dan efek relatif 2,38. Peningkatan juga terjadi pada aspek manipulatif (selisih 1,93; efek relatif 1,54), sedangkan aspek non-lokomotor meningkat paling kecil (selisih 0,07; efek relatif 0,04). Motivasi siswa juga meningkat secara signifikan (sig. = 0,000) dengan selisih rata-rata sebesar -17,583 pada kelompok eksperimen dibanding -10,333 pada kelompok kontrol. Nilai $t = 39,020$ menunjukkan perbedaan yang signifikan dalam peningkatan motivasi. Dengan demikian, permainan sirkuit berbasis gerak dasar terbukti efektif dalam meningkatkan keterampilan motorik, terutama aspek lokomotor, serta motivasi siswa dalam aktivitas jasmani.

Kata Kunci: Permainan Sirkuit, Keterampilan Motorik, Motivasi, Gerak Dasar.

**THE INFLUENCE OF CIRCUIT GAMES BASED ON BASIC MOVEMENT
GAMES ON CHILDREN'S MOTOR SKILLS AND THE MOTIVATION
LEVEL OF SINGAWADA ELEMENTARY SCHOOL STUDENTS**

By:

Devtio Dwiwahyudi

Thesis advisor 1:

Dr. Nuryadi, M.Pd.

Thesis advisor 2:

Dr. Agus Gumilar, S.Si., M.Pd.

ABSTRACT

This study aims to determine the effect of basic movement-based circuit games on the motor skills and motivation of Singawada Elementary School students. The research uses a quasi-experimental method with a pre-test-post-test control group design. The sample consists of two groups, namely the experimental group and the control group, each consisting of 36 students. The results of the paired sample t-test show that circuit games have a significant effect on the improvement of students' motor skills with a significance value of 0.000 (< 0.05). The independent sample t-test shows a t-value of -44.108 and a mean difference of -16.639 in the experimental group, compared to a t-value of -29.701 and a difference of -11.750 in the control group. Post hoc tests indicate that the highest improvement occurred in the locomotor aspect (mean = 24.60; SD = 1.454), with a difference of 3.53 points from the control group (mean = 21.07; SD = 1.486) and a relative effect of 2.38. Improvements were also observed in the manipulative aspect (difference 1.93; relative effect 1.54), while the non-locomotor aspect showed the smallest increase (difference 0.07; relative effect 0.04). Student motivation also increased significantly (sig. = 0.000) with an average difference of -17.583 in the experimental group compared to -10.333 in the control group. The t-value = 39.020 indicates a significant difference in the increase in motivation. Thus, basic movement-based circuit games have proven effective in improving motor skills, particularly locomotor aspects, as well as students' motivation in physical activities.

Keywords: *Circuit Games, Motor Skills, Motivation, Basic Movement.*

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