

ABSTRAK

PENGARUH PERMAINAN OLAHRAGA TRADISIONAL BEBENTENGAN TERHADAP KEMAMPUAN KELINCAHAN ANAK USIA 8-9 TAHUN

(Studi Kuasi Ekperimen pada Sekolah Dasar Negeri 1 Cibodas)

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Tujuan penelitian ini untuk mengetahui pengaruh olahraga tradisional bebentengan terhadap kemampuan kelincahan anak usia 8-9 tahun. Populasinya yaitu siswa kelas III pada tahun pelajaran 2013/2014 di SDN 1 Cibodas Kabupaten Bandung Barat, sampel yang digunakan 20 siswa. Menggunakan metode kuasi eksperimen yang dimulai dari observasi, *pre-test*, *treatment*, dan *post-test*. Penelitian ini dilakukan sebanyak delapan kali *treatment* berikut *pretest* dan *posttest*. Terdapat kelompok eksperimen dan kelompok kontrol, pada kelompok eksperimen di berikan permainan olahraga tradisioanl bebentengan dan di berikan *treatment* latihan kelincahan, sedangkan pada kelompok kontrol tidak di berikan permainan olahraga tradisional. Instrumen penelitian berupa lembar kerja siswa dan lembar observasi. Pengolahan dan analisis data menggunakan *Statistical Product for Social Science (SPSS)* Serie 17. Dalam tahapannya, uji asumsi statistik sebagai berikut : Deskripsi Data, Uji Normalitas Data, Uji Homogenitas Data, *Paired Sample T-Test*. Ditunjukkan dari kelompok eksperimen adanya peningkatan rata-rata kelincahan sesudah melakukan *post-test* pada permainan olahraga tradisional bebentengan berdasarkan hipotesis yang telah teruji melalui uji *paired sample t-test*.

Kata Kunci :OlahragaTradisionalBebentengan, Kelincahan, *Paired Sample T-test*

INFLUENCE GAME SPORTS ABILITY TO TRADITIONAL BEBENTENGAN THE AGILITY CHILDREN AGES 8-9 YEARS IN SD 1 CIBODAS

**(Quasi-Experimental Study On Public Elementary School 1
Cibodas)**

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ABSTRACT

The purpose of this study was to determine the effect on the ability of the traditional sport of agility bebentengan children aged 8-9 years. The population that third-grade students in the school year 2013/2014 at SDN 1 Cibodas West Bandung Regency, the sample used 20 students. Using a quasi-experimental method that starts from the observation, pre-test, treatment, and post-test. This research was conducted eight times following treatment pretest and posttest. There is experimental group and the control group, the experimental group is given bebentengan tradisioanl sports games and provide treatment in agility training, whereas the control group was not given a traditional sports game. The research instrument in the form of student worksheets and observation sheets. Data processing and analysis using the Statistical Product for the Social Science (SPSS) Serie 17. In stages, assuming the test statistic as follows: Description of Data, Data Normality Test, Test Data Homogeneity, Paired Sample T-Test. Shown from the experimental group the average increase in agility after

performing post-test on bebentengan traditional sports game based on the hypothesis that has been tested by paired samples t-test.

Keywords: Bebentengan Traditional Sports, Agility, Paired Sample T-test

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