

ABSTRAK

Muhammad Ridwan. NIM: 1100314. Perbandingan Pembelajaran Permainan Rounders dan Permainan Kasti Terhadap Peningkatan Kebugaran Jasmani Siswa. Pembimbing I: Drs. Mudjihartono, M. Pd. Pembimbing II: Arif Wahyudi, S. Pd.

Penelitian ini dilatarbelakangi oleh siswa yang cepat merasa kelelahan pada saat pembelajaran pendidikan jasmani dan pentingnya kebugaran jasmani untuk siswa. Tujuan penelitian ini untuk mengetahui perbedaan pengaruh pembelajaran permainan rounders dan permainan kasti terhadap peningkatan kebugaran jasmani siswa. Penelitian ini menggunakan metode eksperimen dan desain penelitian *pretest-posttest group design*. Populasi penelitian siswa kelas VII SMPN 19 Bandung dan sampel sebanyak 36 siswa dengan teknik pengambilan *sampling random purposive*. Sampel diberi tes awal dengan Tes Kesegaran Jasmani Indonesia dan hasil tes awal di urutkan dari nilai tertinggi sampai terendah dan ke-36 sampel dibagi kedalam 2 kelompok perlakuan, masing-masing kelompok terdiri dari 18 siswa. Dianalisis menggunakan uji t *paired* dua pihak dan uji mann-whitney. Diperoleh data kelompok rounders putra $t_{hitung}=2,699 > t_{tabel}=2,120$, rounders putri $U_{hitung}=12 < U_{tabel}=14$, kasti putra $t_{hitung}=3,755 > t_{tabel}=2,120$, kasti putri $t_{hitung}=3,464 > t_{tabel}=2,120$, dan Gain kedua kelompok putra $U_{hitung}=21,5 > U_{tabel}=14$ dan putri $U_{hitung}=18 > U_{tabel}=14$. Hasil akhir membuktikan bahwa kedua pembelajaran memberikan pengaruh signifikan terhadap peningkatan kebugaran jasmani, dan pembelajaran permainan kasti tidak memberikan pengaruh lebih baik dan signifikan dibandingkan pembelajaran permainan rounders terhadap peningkatan kebugaran jasmani.

kata kunci: Pembelajaran, Permainan Rounders, Permainan Kasti, Kebugaran Jasmani

ABSTRACT

Muhammad Ridwan. NIM: 1100314. The Comparison Of Rounders And Kasti Lesson Toward Students' Physical Fitness Enhancement. Supervisor I: Drs. Mudjihartono, M. Pd. Supervisor II: Arif Wahyudi, S. Pd.

This research was conducted due to the fact that students easily feel tired during physical education class and the importance of physical fitness for students. The aim of this research is to find the differences between the influence of rounders and kasti lesson toward students' physical fitness enhancement. The research method used for this research was experimental method and the research design used was pretest-posttest group design. The population of this research was 7th grade students at SMPN 19 Bandung and the sample was 36 students that were taken by sampling random purposive technique. The pre-test was given to the sample by using *Tes Kesegaran Jasmani Indonesia* and the result of the pre-test was sorted from the highest to lowest score and the 36 students were divided into two groups in equal amounts so that each group consists of 16 students. The analysis used *t paired dua pihak test* and *mann-whitney test*. The data shows that male students' rounders group $t_{hitung}=2,699 > t_{tabel}2,120$, female students' rounders group $U_{hitung}=12 < U_{tabel}=14$, male students' kasti group $t_{hitung} =3,755 > t_{tabel}=2,120$, female students' kasti group $t_{hitung}=3,464 > t_{tabel}= 2,120$, and the Gain of the two groups is male $U_{hitung}=21,5 > U_{tabel}=14$ and female $U_{hitung}=18 > U_{tabel}=14$. The final result proves that both of the lessons gave significant influence toward students' physical fitness enhancement, but kasti lesson not gave better and more significant influence than rounders lesson in enhancing students' physical fitness.

keywords: Lesson, Rounders, Kasti, Physical Fitness.