ABSTRAK

Galih Permana. NIM 1104307. Judul Skripsi: Pengaruh Penggunaan Alat Bantu *Modified Smarter Spotter* **terhadap Hasil Belajar Sikap Kayang (Penelitian Eksperimen pada Siswa Kelas X SMA Pribadi Bandung). Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Jurusan Pendidikan Olahraga. Fakultas Pendidikan Olahraga dan Kesehatan. Pembimbing I Drs, Hendi Suhendi.P. Pembimbing II Arif Wahyudi, S.Pd.**

Latar belakang peneliti mengambil judul Pengaruh Penggunaan Alat Bantu *Modified Smarter Spotter* terhadap Hasil Belajar Keterampilan Sikap Kayang karena banyak siswa SMA mengalami kesulitan dalam melakukan sikap kayang. Hal ini disebabkan beberapa faktor seperti perbedaan tinggi, berat badan, dan kelenturan. Peneliti bermaksud untuk membuat alat bantu untuk mengatasi kesulitan tersebut dan memberikan pembelajaran yang aman bagi siswa. Tujuan penelitian ini untuk mengetahui apakah ada pengaruh dalam penggunaan alat bantu *Modified Smarter Spotter* terhadap hasil belajar keterampilan sikap kayang. Metode yang digunakan adalah penelitian eksperimen. Desain yang digunakan adalah One group pretest-posttest design. Populasi penelitian ini adalah siswa kelas X SMA Pribadi, sedangkan sampel adalah siswa kelas X-A SMA Pribadi yang diambil dengan random sampling sebanyak 15 orang. Hasil pengujian data-data tersebut diperoleh angka T_{hitung} 3,96 lebih besar dari T_{tabel} 1,74 pada tingkat kepercayaan α=0,05 dengan dk(n-1)=14. Kriteria pengujian Ho ditolak jika $T_{hitung}>T_{tabel}$. T_{hitung} ada pada daerah penolakan, maka Ho ditolak. Dapat disimpulkan bahwa penggunaan alat bantu *Modified Smarter Spotter* berpengaruh terhadap hasil belajar keterampilan sikap kayang pada siswa kelas X SMA Pribadi. Untuk meningkatkan keterampilan sikap kayang, peneliti menyarankan Guru Pendidikan Jasmani agar menggunakan alat bantu yang aman dan teruji.

Kata Kunci :

Modified Smarter Spotter, Sikap Kayang

ABSTRACT

Galih Permana. Student's number 1104307. Research Title: The Influence of Used "Modified Smarter Spotter" on Students Performance of Bridge Motion (An Experimental Research of 10th grade Pribadi Bilingual Boarding School's Students). Physical Education Study Program. Sport Education. Sport and Health Education Faculty. This research is supervised by Supervisor I Drs, Hendi Suhendi.P. Supervisor II Arif Wahyudi, S.Pd.

The reason why the current researcher chose the title "The Influence of Used 'Modified Smarter Spotter' on Students' Performance of Bridge Motion" is because there are still lots of students who find difficulties in performing bridge motion. The difficulties faced by the students are caused by some differences in terms of height, weight and flexibility between students. The researcher aims to create the available standardized tool to solve the difficulties and to provide a safe learning for the students. The purpose of the current experimental research is to discover the influence of used 'Modified Smarter Spotter' on students performance in performing bridge motion. The research was designed to be One group pretest-posttest design. The population of the current research is the 10th grade of Pribadi Bilingual Boarding School's students, while the research samples are 15 students of X-A class at Pribadi Bilingual Boarding School Bandung who are taken by random sampling technique. In accordance with the analysis of the data, it is revealed that T_{count} 3,96 is bigger than T_{table} 1,74 on confidence level α=0,05 with dk(n-1)=14. By the test criteria, Ho is rejected if $T_{count}>T_{table}$. In fact, T_{count} is at the level of rejection. Therefore, Ho is rejected. Based on the analysis of the data, it can be concluded that the used of 'Modified Smarter Spotter' influences the 10th grade Pribadi school Bandung students performance of bridge motion. According to the result of the analysis, it is recommended that the teacher at the school should utilize the safe and reliable tool to improve students' performance on gymnastics, particularly bridge motion.

Keywords:

Modified Smarter Spotter, Bridge Motion