

**Pengaruh Permainan Tradisional Terhadap Keterampilan Gerak Lempar  
Tangkap dan Kerjasama Dalam Pembelajaran Penjas di SMAN 1  
Rancaekek**

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**ABSTRAK**

Penelitian ini didasarkan karena tidak adanya pembelajaran permainan olahraga tradisional di sekolah, khususnya permainan tradisional boy-boyan, mengingat manfaat dari permainan tradisional boy-boyan sangat banyak penulis merasa sangat tertarik untuk menggarap penelitian ini. Adapun metode yang digunakan adalah metode penelitian eksperimen, dimana penelitian dilakukan secara langsung ke lapangan. Adapun studi kasus dilakukan di SMAN 1 Rancaekek dan menjadikan siswa kelas X di SMA tersebut sebagai objek penelitian. Dalam pengambilan sampel peneliti menggunakan random sampling dari siswa kelas X yang digunakan hanya 30 orang. Dari studi kasus tersebut telah ditemukan bahwa pengaruh permainan tradisional terhadap keterampilan gerak lempar tangkap siswa kelas X SMAN 1 Rancaekek sebesar 34,69 %. Adapun pembelajaran tradisional memberikan pengaruh terhadap kerjasama siswa kelas X SMAN 1 Rancaekek sebesar 0,006. Apabila angka tersebut dikonversi ke dalam skala kualitatif maka perolehan data tersebut berada pada skala tataran cukup. Model pembelajaran permainan tradisional dapat diterapkan dalam pembelajaran olahraga di SMA. Karena dinilai memiliki manfaat yang besar terhadap keterampilan gerak lempar tangkap.

Kata Kunci : *Permainan Olahraga Tradisional, Kerjasama, Pendidikan Jasmani.*

# **Effect of Traditional Games Of Skill Throwing Motion Capture and Cooperationin Learning Penjas in SMAN 1 Rancaekek**

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## **ABSTRACT**

The study was based in the absence of traditional learning in school sports games, especially the traditional game boy-boyan, given the benefit of the traditional game boy-boyan very much the writer was very keen to work on this study. The method used is the method of experimental research, where research is conducted directly to the field. As a case study conducted in SMAN 1 Rancaekek and make the class X students at the high school as an object of research. In the sample taking researchers used random sampling of tenth graders who used only 30 people. From the case studies it has been found that the effect of the traditional games against the throwing motion capture skills class X of SMAN 1 Rancaekek amounted to 34.69%. The traditional learning to give effect to the cooperation of students of class X of SMAN 1 Rancaekek 0.006. If these figures dikonfersi into a qualitative scale, the acquisition of the data is located on a scale sufficient level. The learning model of traditional games can be applied in teaching in high school sports. As it is considered to have great benefits to the skills of the throwing motion capture.

Keywords: *GamesTraditional Sports, Cooperation, Physical Education.*