

ABSTRAK

Sheila Widiyanti Rusmana. NIM: 1101881. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi. Judul: Pengaruh Pembelajaran *Problem Based Learning* Dalam Pembelajaran Pendidikan Jasmani Terhadap Self Efficacy Pertahanan Diri (Studi Eksperimen Pada Siswa Kelas VIII SMP Negeri 45 Bandung). Skripsi ini dibimbing oleh: Dr. Bambang Abduljabar M.Pd

Permasalahan pertahanan diri dari tindakan kekerasan atau kejahatan pada para siswi akhir-akhir ini marak terjadi dan ramai diperbincangkan. Suatu penelitian terhadap 20 orang siswi perempuan, mengenai pertahanan diri terkait *self efficacy* dan perilaku membela diri melalui model pembelajaran *problem based learning* di SMPN 45 Bandung telah dilakukan. Selama 14 kali pertemuan siswa diberi perlakuan untuk kemudian diukur *self efficacy* dan perilaku pertahanan dirinya melalui instrument angket *self efficacy* dan lembar observasi perilaku pertahanan diri. Teknik Analisis data dilakukan menggunakan statistik parametrik yang meliputi uji beda rata-rata (*paired sampels t-test* dan *independent samples t-test*) dan *gain score* dengan menggunakan bantuan SPSS versi 17.0. Hasil pengolahan data mengenai pengaruh model pembelajaran *problem based learning* dalam pembelajaran pendidikan jasmani terhadap pertahanan diri siswa adalah $(0,000) < \text{taraf } \alpha = 0,05$ (signifikan), sedangkan hasil pengolahan data mengenai pengaruh model pembelajaran konvensional dalam pembelajaran pendidikan jasmani terhadap pertahanan diri siswa adalah $(0,027) < \text{taraf } \alpha = 0,05$ (signifikan), hasil pengolahan data tentang perbedaan nilai N-gain kelompok eksperimen dan kontrol adalah $(0,001) < \text{taraf } \alpha = 0,05$ (signifikan).

Kata kunci : *Problem Based Learning, Self Efficacy, Pertahanan Diri*

Sheila Widiyanti Rusmana, 2015

PENGARUH PEMBELAJARAN PROBLEM BASED LEARNING TERHADAP SELF EFFICACY PERTAHANAN DIRI DALAM PENGAJARAN PENDIDIKAN JASMANI

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ABSTRACT

Sheila Widiyanti Rusmana. NIM: 1101881. Study Program Of Health Physical Education and Recreation. Title: The Learning Effect Problem Based Learning In Learning Physical Education for Self Efficacy, Self Defense (Experiment Study On The Student Class VIII SMP Negeri 45 Bandung). This Essay guided by: Dr. Bambang Abduljabar M.Pd

Problem of self defense from violence or crime toward female student lately is often happen and has been discussed by public. A study has been conduct to 20 female student, about self defense related self efficacy and self defense behaviour through learning model problem based learning in SMPN 45 Bandung already conducted. For 14 times meeting the female student has been treated and then measured their self efficacy and self defense behaviour through questionnaires self efficacy and self defense behavior observation sheet. Data analysis technique conducted by using parametric statistics which include average different test (paired sampels t-test and independent samples t-test) and gain score by using the help of SPSS version 17.0. The result of data processing about the effect of learning model problem based learning in learning physical education for student self defense is $(0,000) < \alpha = 0,05$ (significant), whereas the result of data processing regarding the effect of conventional learning model in learning physical education for student self defense is $(0,027) < \alpha = 0,05$ (significant), the result of data processing regarding the difference of the value N-gain experiment group and control is $(0,001) < \alpha = 0,05$ (significant).

Key Word : Problem Based Learning, Self Efficacy, Self Defense

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