

ABSTRAK

Budi Sukarno (2013). Pengaruh Pembelajaran Permainan Tradisional Permainan Hadang Terhadap Tingkat Kebugaran Jasmani Penelitian Eksperimen Pada Siswa Kelas IV SD Negeri Gegerkalong Girang 1-2 Kota Bandung. Pembimbing I Dr. Tjetjep Habibudin, M.Pd. Pembimbing II Drs. M. Ruhiat.

Tujuan penelitian ini adalah untuk mengetahui apakah terdapat pengaruh penerapan pembelajaran permainan tradisional permainan hadang terhadap peningkatan kebugaran jasmani pada siswa kelas IV SD Negeri Gegerkalong Girang 1-2. Metode yang digunakan dalam penelitian ini adalah metode eksperimen (metode penelitian yang digunakan untuk mencari pengaruh perlakuan tertentu terhadap yang lain dalam kondisi yang terkendalikan). Desain penelitian menggunakan *one group pretest-posttest design*. Populasi siswa kelas IV SD Negeri Gegerkalong Girang 1-2 sebanyak 44 orang, sampel penelitian adalah siswa kelas IV SD Negeri Gegerkalong Girang 1-2 sebanyak 30 orang dengan rincian 15 siswa laki-laki dan 15 siswa perempuan. Teknik pengambilan sampel yaitu *Purposive sample*. Waktu penelitian yaitu selama 2 bulan, jumlah latihan 18 kali pertemuan, dengan frekuensi jadwal latihan 1 minggu 3 kali. Bentuk tes yang digunakan penulis adalah TKJI (tes kesegaran jasmani Indonesia) yang disesuaikan dengan umur masing-masing siswa. Berdasarkan dari hasil penghitungan dan analisis data kelompok putri diperoleh rata-rata tes awal TKJI 5,8, rata-rata tes akhir 19 dengan selisih 13,2. Sedangkan kelompok putra rata-rata tes awal TKJI 6,6, rata-rata tes akhir 21,2, dengan selisih 14,6. Maka selisih perbandingan kelompok siswa putra dan putri kelas IV SD Negeri Gegerkalong Girang 1-2 adalah 1,4. Hal ini berarti, hasil kelompok latihan siswa putra dan putri kelas IV SD Negeri Gegerkalong Girang 1-2 menunjukkan peningkatan kebugaran jasmani. Kesimpulan terdapat pengaruh pembelajaran permainan tradisional permainan hadang terhadap tingkat kebugaran jasmani siswa.

Kata Kunci: *Kebugaran Jasmani, Permainan Tradisional, Permainan Hadang.*

ABSTRACT

Budi Sukarno (2013). The Effect of Traditional Games Learning: *Hadang* Game toward The Level of Physical Fitness (The Experimental Research In Fourth Grade Students of SD Negeri 1-2 Gegerkalong Girang, Bandung). Supervisor I: Dr. Tjetjep Habibudin, M.Pd., Supervisor II: Drs. M. Ruhiat.

The purpose of this study was to determine whether there is any effect of the implementation of traditional games: *Hadang* Game toward the level of physical fitness elementary of fourth grade school students in SDN 1-2 Gegerkalong Girang. The method used in this study is the experimental method (the method which is used to find the effect of a particular treatment over another in uncontrolled conditions). In designing the research, the researcher was using a one group pretest-posttest design. The population of fourth grade students in SDN 1-2 Gegerkalong Girang was 44 people, and the sample used in this research was 30 people, including 15 male students and 15 female students. Purposive sampling was used as a technique to obtain the sample. The study was carried out in 2 months, including 18 training sessions, with 3 times training in a week. The test form used by the researcher was TKJI (Indonesia physical fitness test), adjusted to the age of each student. Based on the results of calculation and data analysis, the female group gained an average score 5.8 of TKJI initial tests, the average score of final test was 19 with a difference score of 13.2. While the male group gained an average score 6.6 of TKJI initial test, the average score of final test was 21.2, with a difference score of 14.6. Thus, the difference score in the comparison of male and female group was 1.4. It means the result of the training group of male and female in class IV SDN Gegerkalong Girang 1-2 shows there is an improvement of physical fitness. It could be concluded that there were significant effect in learning by playing traditional game: *Hadang* Game toward the level of physical fitness of students.

Keywords: Physical Fitness, Traditional Games, *Hadang* Game.