

ABSTRAK

Ginanjar, Agung (2016). PERBANDINGAN TINGKAT KONSENTRASI DAN HASIL BELAJAR SISWA BERDASARKAN PERBEDAAN WAKTU BELAJAR DALAM PEMBELAJARAN PENDIDIKAN JASMANI (Studi *Ex Post Facto* pada Siswa Kelas VIII SMPN 4 Sumedang)

Tujuan penelitian ini adalah untuk mengetahui perbedaan tingkat konsentrasi dan hasil belajar antara siswa yang mengikuti pembelajaran pendidikan jasmani di pagi hari dan siang hari. Metode penelitian ini adalah *ex post facto*. Penelitian dilaksanakan terhadap 232 siswa kelas VIII SMPN 4 Sumedang, yang diantaranya 125 siswa kelas pagi dan 107 siswa kelas siang. Instrumen yang digunakan untuk tingkat konsentrasi adalah tes *concentration grid exercise*. Nilai hasil belajar siswa diperoleh dari dokumentasi guru. Berdasarkan hasil perhitungan uji *independent sample t test* diperoleh nilai t hitung tingkat konsentrasi = 5,59 dan nilai t hitung untuk hasil belajar siswa = 8,75. Nilai t hitung tingkat konsentrasi dan hasil belajar siswa lebih besar dari t tabel = 1,65, sehingga H_0 diterima. Kesimpulannya terdapat perbedaan yang signifikan dari tingkat konsentrasi dan hasil belajar siswa dalam pembelajaran pendidikan jasmani antara siswa yang mengikuti pembelajaran di pagi hari dan siang hari. Tingkat konsentrasi dan hasil belajar siswa di pagi hari lebih baik dari pada siang hari.

Kata kunci : konsentrasi, hasil belajar, waktu belajar.

ABSTRACT

Ginanjari, Agung (2016). COMPARATIVE RESEARCH OF STUDENTS' CONCENTRATION AND LEARNING OUTCOMES BASED ON DIFFERENCES IN PHYSICAL EDUCATION' LEARNING TIME (Ex Post Facto Studies on Students of 8th Grade in SMPN 4 Sumedang)

This study aimed to determine the differences level of concentration and learning outcomes among students who had a physical education class in the morning and afternoon. This research method was ex post facto. The research was conducted by 232 students of 8th grade in SMPN 4 Sumedang, which was including 125 students of morning class and 107 students of afternoon class. The instrument used to test the level of concentration is Concentration Grid Exercise. And the students' learning outcome was gathered from teachers' documentation. Based on the calculations of independent sample t test obtained t value of students' concentration level was = 5.59 and t value of students' learning outcomes was = 8.75. T value of students' concentration levels and students' learning outcomes were higher than t table data which was = 1.65, so that H_0 was accepted. It concluded that there were significant differences on the level of concentration and learning outcomes of students in physical education among students who had the lesson in the morning and afternoon class. The students' concentration level and learning outcomes was better in the morning class than in the afternoon class.

Keywords: Concentration, Learning Outcome, Learning Time.