

ABSTRAK

KONSTRUKSI BATERAI TES TEKNIK DASAR DAN KONDISI FISIK BOLA BASKET SISWA ATLET PUTRI DBL

Pembimbing : Dr. Berliana, M.Pd.

**Tusana
1306328**

Penelitian ini berangkat dari persoalan tidak ada instrumen test yang diperuntukan bagi siswa atlet putri DBL. Tujuan penelitian ini adalah mengkonstruksi instrumen tes teknik dasar dan kondisi fisik bola basket siswa atlet putri DBL. Metode yang digunakan dalam penelitian ini adalah metode deskriptif. Populasi dalam penelitian adalah seluruh sekolah yang mengikuti pertandingan DBL SMA Putri se-Jawa Barat. Teknik penarikan sampel yang digunakan adalah dengan menggunakan *Cluster Random Sampling*. Hasil random yakni SMAN 1 Rancaekek 14 orang, SMAN 2 Bandung 11 orang dan SMAN 9 Bandung 16 orang. Hasil pengolahan dan analisis data, diperoleh nilai validitas instrumen tes teknik dasar adalah *three point, free throw, lay up, under basket, passing dan dribble* dinyatakan valid. Sedangkan *medium shoot* dinyatakan (tidak valid). Secara rangkaian tes (baterai tes) tingkat validitas teknik dasar adalah 0,85 dan reliabilitas 0,80. Maka hasil penelitian menunjukkan bahwa Instrumen Tes Teknik Dasar memiliki nilai validitas baterai dan reliabilitas baterai yang tinggi atau kuat. Nilai validitas instrumen tes kondisi fisik adalah kelincahan, *sit and reach, thrunk lift, sprint, push up, hurdle jump, vertical jump, ball medicine dan bleep test* dinyatakan valid, sedangkan *shuttle run dan push up* dinyatakan (tidak valid). Secara rangkaian tes (baterai tes) tingkat validitas kondisi fisik adalah 0,87 dan reliabilitas 0,74. Maka hasil penelitian menunjukkan bahwa Instrumen Tes Kondisi Fisik memiliki nilai validitas baterai dan reliabilitas baterai yang tinggi atau kuat. Penulis dapat mengambil kesimpulan bahwa Konstruksi Baterai Tes Teknik Dasar dan Kondisi Fisik Bola Basket Siswa Atlet Putri DBL dapat digunakan untuk mengukur kemampuan Teknik Dasar dan Kondisi Fisik Siswa Atlet Putri DBL.

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Kata Kunci : Teknik Dasar, Kondisi Fisik, Validitas dan Reliabilitas, Tes dan Pengukuran

ABSTRACT

Construction Battery Tes of Basketball Basic Technique and Physical Condition for Female Athlete Student in DBL

Adviser: Dr. Berliana, M.Pd.

**Tusana
1306328**

This study is originally stimulated by no test instrument which is used for female athlete students in DBL. This study aims to construct test instrument of basketball basic technique and physical condition for female athlete student in DBL. The method used in this study is descriptive method. The population for this study is all school female participants of the DBL competition in West Java. The sampling techniques of this study is Cluster Random Sampling. The random results are SMAN 1 Rancaekek 14 people, SMAN 2 Bandung 11 people and SMAN 9 Bandung 16 people. The results of data processing and data analyzing are the validity score of test instrument of basic technique for three points, free throw, layup, under basket, passing and dribble is valid, while medium shoot is not valid. In a series of test (battery test) the validity level of basic technique is 0.85 and the reliability level is 0.80. Accordingly, the result of this study shows that the test instrument of basic technique has a validated battery score and reliability of battery is high or strong. The validity score of test instrument of physical condition for agility, sit and reach, thrunk lift, sprint, push up, hurdle jump, vertical jump, ball medicine and bleep test is valid, while shuttle run and push is not valid. In a series of test (battery test) the validity level of physical condition is 0.87 and the reliability level is 0.74. Accordingly, the result of this study shows that the test instrument of physical condition has a validated battery score and reliability of battery is high or strong. This study concludes that the Construction Battery Tes Of Basketball Basic Technique And Physical Condition For Female Athlete Student In DBL can be applied to examine the ability of basic technique and physical condition for female athlete student in DBL.

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Keywords : basic technique, physical condition, validity, reliability, test and measurement

