

**NAMA : SANILA: PENGARUH PERMAINAN TRADISIONAL
BEBENTENGAN TERHADAP KETERAMPILAN LARI
SAMBUNG DISMP NEGERI 1 SURANENGGALA
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ABSTRAK

Tujuan penelitian untuk mengetahui ada pengaruh yang signifikan dari penerapan permainan tradisional bebentengan terhadap keterampilan lari sambung. Penelitian ini menggunakan metode kuasi eksperimen dengan desain Pretest-Posttest Control Group Design. Adapun populasinya adalah seluruh siswa kelas VII SMP Negeri 1 Suranenggala, sedangkan sampel yang diambil menggunakan teknik cluster random sampling diperoleh kelas 7 C dan 7 D, masing-masing sebanyak 24 siswa laki-laki. Instrument penelitian adalah lembar observasi tes lari sambung. Hasil penelitian rata-rata pretes kontrol 45,92 kelas eksperimen 46,83. Rata-rata postes kontrol 73,96 dan rata-rata postes eksperimen 87,88 data postes tidak berdistribusi normal, sehingga analisis data menggunakan statistik nonparametrik yaitu Mann-Whitney, diperoleh hasil signifikan $0,01 < 0,05$ sehingga hipotesis diterima. Dapat disimpulkan bahwa ada pengaruh yang signifikan dari penerapan permainan tradisional bebentengan terhadap keterampilan lari sambung.

Kata Kunci : Permainan tradisional bebentengan, keterampilan lari sambung.

NAME : SANILA
TITTLE: EFFECT OF THE APLICATION BEBENTENGAN
TRADITIONAL GAME INTO SKILL OF RUN CONTINUED RESEACH
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ABSTRACT

The purpose of research to find out there is a significant effect of the application of the bebentengan traditional game into skill of the run continued . This study uses a quasi- experimental design with pretest - posttest control group design . The population of the study is the entire class the first grade student of the state Junior high School 1 Suranenggala , whereas samples taken using cluster random sampling technique derived class 7 C and 7 D , respectively were 24 male students . Research instrument was a test run continued observation sheet . The results mean pretest control 45.92 46.83 experimental class . Average of the instruments is 73.96 and a posttest control mean 87.88 posttest experimental data is not normally distributed posttest , so the statistical analysis of the data using the nonparametric Mann - Whitney , significant results obtained $0.01 < 0.05$, so the hypothesis is accepted . It can be concluded that there is a significant effect of the application of the bebentengan traditional game of skill the run continued .

Keywords : bebentengan traditional games , continued running skills .