

PENGARUH MODEL PEMBELAJARAN DAN KEBUGARAN JASMANI TERHADAP PENINGKATAN *SELF-EFFICACY*

ABSTRAK

Tujuan penelitian ini membahas tentang pengaruh model pembelajaran dan kebugaran jasmani pengaruhnya terhadap peningkatan *self-efficacy*. Tujuan penelitian ini untuk membandingkan model pembelajaran *Teaching Personal and Social Responsibility (TPSR)* dan *Direct Instruction (DI)* dan interaksinya dengan kebugaran jasmani terhadap peningkatan *self-efficacy*. Metode yang digunakan adalah eksperimen dengan desain faktorial sederhana 2x2. Sampel dalam penelitian ini adalah empat puluh siswa SMPN 1 Banjaran yang mengikuti ekstrakurikuler futsal. Analisis data menggunakan SPSS versi 23 dengan pengujian hipotesis melalui *two way anova* dan uji *Tukey*. Berdasarkan penghitungan dan analisis data diperoleh hasil sebagai berikut: pertama, secara keseluruhan terdapat perbedaan antara model *TPSR* dan *DI* terhadap peningkatan *self-efficacy* dimana model pembelajaran *TPSR* lebih baik daripada *DI*; kedua, terdapat interaksi antara model pembelajaran dengan kebugaran jasmani yang memberikan perbedaan pengaruh terhadap peningkatan *self-efficacy*; ketiga, terdapat perbedaan pengaruh antara model *TPSR* dan *DI* terhadap peningkatan *self-efficacy* pada kelompok kebugaran jasmani tinggi dimana model pembelajaran *TPSR* lebih baik; keempat, terdapat perbedaan pengaruh antara model *TPSR* dan *DI* terhadap peningkatan *self-efficacy* pada kelompok kebugaran jasmani rendah dimana model pembelajaran *DI* lebih baik.

Kata kunci: Model pembelajaran, kebugaran jasmani, dan *self- efficacy*

INFLUENCE OF LEARNING MODEL AND FITNESS ON SELF-EFFICACY IMPROVEMENT

ABSTRACT

The purpose of this study discusses the model of learning and physical fitness of its effects on increasing self-efficacy. The objectives of this study were to compare the learning models of Personal and Social Responsibility Teaching (TPSR) and Direct Instruction (DI) and their interaction with physical fitness to increase self-efficacy. The method used is experiment with simple 2x2 factorial design. The sample in this research is forty students of SMPN 1 Banjaran following extracurricular futsal. Data analysis using SPSS version 23 with hypothesis testing through two way anova and Tukey test. Based on the calculation and data analysis, the following results are obtained: Firstly, there is a whole difference between the TPSR and DI models for increasing self-efficacy where the TPSR learning model is better than DI; Secondly, there is an interaction between the learning model with physical fitness that gives a difference in effect to the improvement of self-efficacy; Thirdly, there is a difference of influence between TPSR and DI models on increasing self-efficacy in high fitness group whereas TPSR learning model is better; Fourthly, there is a difference of influence between TPSR and DI model on increasing self-efficacy in lower physical fitness group where the DI learning model is better.

Keywords: *TPSR learning model, Direct Instruction, fitness, and self-efficacy*