

ABSTRAK

Unang Kristian (2012): Pengaruh Pendekatan Taktis dan Tradisional terhadap Intensitas Belajar Bulutangkis dan Kebugaran Jasmani Siswa (Studi eksprimen pada siswa kelas V dan VI SD Negeri Karamatmulya 2 Soreang Kab. Bandung). Tesis. Bandung. SPs UPI Bandung.

Penelitian ini bertujuan untuk mengetahui pengaruh pendekatan taktis dan tradisional terhadap intensitas belajar bulutangkis dan kebugaran jasmani siswa.

Metode penelitian yang digunakan adalah eksperimen. Sampel penelitian siswa kelas V dan VI SD Negeri Karamatmulya 2 Soreang Kabupaten Bandung berjumlah 30 orang, 15 orang untuk pendekatan taktis dan 15 orang untuk pendekatan tradisional yang diambil dengan menggunakan *Simple Random Sampling*. Instrument yang digunakan adalah dengan bentuk angket intensitas belajar gerak (IBG) pada setiap proses pembelajaran bulutangkis dan tes kebugaran jasmani siswa. Analisis data dalam penelitian ini menggunakan SPSS serie 17 dengan alat uji yang digunakan: uji normalitas dengan *Shapiro-Wilk*, uji homogenitas dengan *Lavene statistic*, uji *paired samples test* dan *independent samples test*.

Hasil penelitian menunjukkan bahwa 1) Terdapat pengaruh yang signifikan dari pendekatan taktis terhadap intensitas belajar bulutangkis dan kebugaran jasmani siswa, 2) Terdapat pengaruh yang signifikan dari pendekatan tradisional terhadap intensitas belajar bulutangkis dan kebugaran jasmani siswa, 3) Terdapat perbedaan pengaruh yang signifikan antara pendekatan taktis dan tradisional terhadap intensitas belajar bulutangkis, 4) Tidak terdapat perbedaan pengaruh antara pendekatan taktis dan tradisional terhadap kebugaran jasmani siswa.

Selanjutnya penulis menyarankan bagi guru pendidikan jasmani agar dalam proses belajar mengajar lebih memperhatikan pendekatan pembelajaran yang dipakainya, kecocokan pendekatan akan menghasilkan tujuan pembelajaran yang optimal.

ABSTRACT

Unang Kristian (2013): The Influence of Tactical and Traditional Approaches on the Intensity in Learning Badminton and Students' Physical Health (An Experimental Study of Students of the Fifth and Sixth Grades of SD Negeri Karamatmulya 2 Soreang, Bandung Regency). Thesis. Bandung. School of Postgraduate Studies bandung.

The research aimed to find the influence of tactical and traditional approaches on the intensity in learning badminton and students' physical health.

The method employed was experimental. The samples were 30 students of the fifth and sixth grades of SD Negeri Karamatmulya 2 Soreang, Bandung Regency, in which 15 were taken for tactical approach and the other 15 for traditional approach. The samples were taken using Simple Random Sampling. The instrument used was in the forms of questionnaires on learning movement intensity in each process of badminton teaching learning and test of students' physical health. Data were analyzed using SPSS series 17 using the following test instruments: Shapiro-Wilk normality test, Levene Statistic for homogeneity test, and paired samples test and independent samples tests.

The results demonstrate that: 1) There was a significant influence of the tactical approach in the intensity in learning badminton and students' physical health; ; 2) There was a significant influence on traditional approach on the intensity of badminton learning and students' physical health; ; 3) There was a significant difference between tactical and traditional approaches in their influences on the intensity of badminton learning, ; 4) There was no significant difference between tactical and traditional approaches in their influences on students' physical health.

The researcher suggests that teachers of physical education pay more attention on the approaches they use in the teaching learning because the suitability of kinds of approaches will result in the optimal achievement of learning objectives.