

PENGARUH INFORMASI UMPAN BALIK EKSTERNAL *KNOWLEDGE OF RESULT (KR)*, *KNOWLEDGE OF PERFORMANCE (KP)* DAN FREKUENSI RELATIF YANG BERBEDA TERHADAP TINGKAT PENGUASAAN KETERAMPILAN FOREHAND TENIS

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
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oleh

Yadi Sunaryadi
NIM 1202070

PROGRAM STUDI
PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
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PENGARUH INFORMASI UMPAN BALIK EKSTERNAL *KNOWLEDGE OF RESULT (KR)*, *KNOWLEDGE OF PERFORMANCE (KP)* DAN FREKUENSI RELATIF YANG BERBEDA TERHADAP TINGKAT PENGUASAAN KETERAMPILAN FOREHAND TENIS

Oleh
Yadi Sunaryadi

Dr. UPI, 2019

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YADI SUNARYADI
1202070

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KNOWLEDGE OF RESULT (KR) DAN KNOWLEDGE OF
PERFORMANCE (KP) DENGAN FREKUENSI RELATIF
BERBEDA TERHADAP TINGKAT PENGUSAHAAN
KETERAMPILAN FOREHAND TENIS**

Disetujui dan disahkan oleh panitia disertasi

Promotor



Prof. Dr. Beltasar Tarigan. MS. AIFO
NIP. 195603031983031005

Kopromotor



Dr. Yudy Hendrayana. MKes. AIFO
NIP. 196207181988031004

Mengetahui,

Ketua Program Studi Pendidikan Olahraga SPs UPI



Dr. H. Amung Ma'mun. MPd
NIP. 1960011919886031002

ABSTRAK

Umpan balik eksternal (*augmented feedback*) sudah tidak disangsikan lagi merupakan informasi tambahan penting yang diberikan kepada siswa atau atlet untuk mempercepat proses pembelajaran gerak. Informasi umpan balik yang diberikan dapat berupa informasi tentang hasil gerak (*Knowledge of Result* atau *KR*) dan informasi tentang pola gerak yang ditampilkan (*Knowledge of Performance* atau *KP*). Penelitian ini bertujuan menginvestigasi pengaruh kedua jenis umpan balik eksternal KP dan KR dengan frekuensi relatif tinggi (100%) dan rendah (33%) terhadap tingkat penguasaan keterampilan forehand groundstroke. Beberapa penelitian yang sudah dilakukan masih memperlihatkan hasil yang belum konsisten. Tugas gerak yang digunakan dalam eksperimen kebanyakan tugas gerak sederhana (*simple skill*) dan dilakukan di dalam kondisi laboratorium, sehingga hasilnya belum tentu bisa diaplikasikan pada pembelajaran keterampilan kompleks (*complex skill*). Begitu pula, penelitian laboratorium yang menggunakan keterampilan kompleks memiliki sifat gerak yang berbeda dengan keterampilan sebenarnya di lapangan. Oleh karena itu, penelitian ini dilakukan dalam usaha untuk memecahkan persoalan yang berkaitan dengan jenis umpan balik dan frekuensi relatif yang tepat digunakan untuk pembelajaran tugas gerak kompleks terutama bagi para pemula di lapangan yang sebenarnya. Pemecahan masalah ini dilakukan dengan metode eksperimen 2×2 factorial design, yaitu mencari efek interaksi antara variabel bebas (faktor) umpan balik dengan frekuensi relatifnya terhadap tingkat penguasaan keterampilan forehand tenis. Subjek penelitian adalah mahasiswa prodi PKO peserta perkuliahan tenis praktek yang belum pernah bermain tenis (pemula). Analisis data menggunakan faktorial two-way ANOVA 2×2 , tes performa dilakukan pada fase penguasaan untuk menemukan efek performa (*performance effect*), dan tes retensi untuk menemukan efek pembelajaran (*learning effect*). Temuan penelitian menunjukkan terdapat perbedaan pengaruh yang signifikan antara umpan balik eksternal dan frekuensi relatif, serta terjadi interaksi yang signifikan antara umpan balik dengan frekuensi relatif, dimana umpan balik KR dan frekuensi relatif 33% menghasilkan skor performa tertinggi, dan umpan balik KP 33% menghasilkan skor kualitas gerak tertinggi selama fase penguasaan dan retensi.

Kata Kunci: Knowledge of Result (KR), Knowledge of Performance (KP),
Frekuensi Relatif

ABSTRACT

External feedback (augmented feedback) is important augmented information given to the students or athletes to increase the process of motor skill learning. Information provided can be in the form of information about the results of movement (Knowledge of Result or KR) and information about the movement pattern (Knowledge of Performance or KP). This field-based study investigated the effect of both types of external feedback KP and KR with a relatively high (100%) and low frequency (33%) on skill acquisition of forehand groundstroke task. The salient role of information feedback as a critical factor that facilitates a performer's skill acquisition has been widely supported in the research literature. However, many studies that have examined motor learning constructs have not utilized actual sports skills, and the majority of this research has been conducted in laboratory setting. As a result of this type of inquiry, the relevance of these research findings to the practitioners in the field has been limited. Beside the tasks used in the experiment are mostly simple tasks (simple skill) and conducted in laboratory conditions, the result could not be generalized to complex skill learning. Further, researches using complex skills has a different nature of movement than actual skills in the field. Therefore, this research was conducted in an effort to solve the problem related to the type of feedback and relative frequencies that are best used for learning complex motor skill for beginners on the actual sports skills. The solution to this problem was solved by the 2 X 2 factorial design, which is to find the interaction effect between the feedback and its relative frequency variables. Novice students enrolled in Pendidikan Kepeleatihan Olahraga Department tennis classes (N = 40) were randomly assigned to one of four conditions: (a) KP and KR feedback after every trial (100%), (b) KP and KR feedback after every three trial (33%). Data analysis used two-way factorial ANOVA 2 X 2, performance test were done in the acquisition phase to find performance effects, and retention test to find learning effects. The study findings showed (a) significant difference of two external feedback to the overall forehand performance, (b) the effects of the two relative frequency statistically differ from one another, and (c) the interaction between feedback and relative frequency, where KR feedback and 33% relative frequency produced the highest performance score, and KP feedback was 33% the highest movement form score during the acquisition and retention phase.

Keywords: Knowledge of Result (KR), Knowledge of Performance (KP),
Relative Frequency

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