

Implementasi Model Pembelajaran Kebugaran Untuk Meningkatkan Kebugaran Jasmani (Penelitian Tindakan Kelas Terhadap Siswa Kelas 3 di MI Cikapayang Bandung)

Riyan Ginanjar

Pembimbing Skripsi I Drs. Andi Suntoda, M. Pd

Pembimbing Skripsi II Didin Budiman, M. Pd

ABSTRAK

Penelitian ini dilatarbelakangi oleh permasalahan yang peneliti temukan pada saat observasi awal di MI Cikapayang Bandung yaitu rendahnya kebugaran jasmani siswa. Berdasarkan hasil pengamatan awal, dari 36 (2,8%) siswa yang dapat dikatakan baik tingkat kebugarannya, 44,4% sedang, 36,1% kurang, dan 16,7% kurang sekali. Penelitian ini bertujuan untuk meningkatkan kebugaran jasmani siswa melalui penerapan model kebugaran jasmani. Metode penelitian yang digunakan adalah Penelitian Tindakan Kelas (PTK) yang dilakukan dalam dua siklus. Setiap siklus terdiri atas tiga tindakan dengan melalui empat tahapan, yaitu: perencanaan, pelaksanaan, observasi, dan refleksi. Subjek penelitian adalah siswa kelas 3 di MI Cikapayang sebanyak 36 orang. Teknik pengumpulan data dilakukan melalui observasi, catatan lapangan, dan catatan observasi. Instrumen penelitian menggunakan JWAB dan Tes Kebugaran Jasmani Indonesia (TKJI). Teknik analisis data yang digunakan adalah: (1) untuk data kualitatif menggunakan teknik triangulasi, (2) untuk data kuantitatif menggunakan teknik statistik persentase. Berdasarkan analisis data diperoleh hasil kebugaran jasmaninya 16,7% baik, 55,6% sedang, 22,2% kurang, dan 5,6% kurang sekali. Kesimpulan dari hasil penelitian ini menunjukkan bahwa implementasi model pembelajaran kebugaran dapat meningkatkan kebugaran jasmani siswa kelas 3 MI Cikapayang Bandung.

Kata Kunci: Penelitian Tindakan Kelas, model pembelajaran kebugaran, kebugaran jasmani.

Implementation of Fitness Learning Model to Improve Physical Fitness (Class Action Research Towards Grade 3 Students at MI Cikapayang Bandung)

Riyan Ginanjar

Pembimbing Skripsi I Drs. Andi Suntoda, M. Pd

Pembimbing Skripsi II Didin Budiman, M. Pd

ABSTRACT

This research is motivated by the problems that the researcher found during the initial observation at MI Cikapayang Bandung, that showed the low physical fitness of students. Based on the results of preliminary observations of 36 students, have a good level of fitness student who only 2.8%, medium 44.4%, 36.1% less, and 16.7% very less. This study was aimed to improve the students' physical fitness through the application of physical fitness models. The research method used was Classroom Action Research (CAR) conducted in two cycle. Each cycle consisted of three actions. Each cycle was carried out through four stages, namely: planning, implementation, observation, and reflection. The research of the subjects were students 3rd grade in MI Cikapayang as many as 36 people. Data collection techniques of the study were observation, field notes, and observation notes. The research instrument used JWAB and the Indonesian Physical Fitness Test (TKJI). Data analysis techniques used were: (1) for qualitative data using triangulation techniques, (2) for quantitative data using percentage statistical techniques. Based on data analysis, the results of 36 students and the physical fitness results showed 16.7% good, 55.6% moderate, 22.2% less, and 5.6% very less. The conclusion from the result of this study concludes that the implementation of fitness learning models can improve physical fitness of the 3rd grade students in MI Cikapayang Bandung.

Keywords: Classroom Action Research, fitness learning model, physical fitness.