

**PENGARUH METODE PENGATURAN LATIHAN (*BLOCK AND RANDOM*)
TERHADAP HASIL BELAJAR *FOREHAND* DALAM PERMAINAN
BULUTANGKIS**

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ABSTRAK

Kesulitan siswa dalam belajar permainan bulutangkis bagi pemula membuat kurangnya partisipasi belajar siswa dalam bermain bulutangkis, untuk mengatasi permasalahan tersebut salah satu caranya adalah dengan menggunakan metode latihan yang tepat. Tujuan dari penelitian ini adalah untuk mengetahui apakah metode latihan *block practice* dan *random practice* terhadap hasil belajar *forehand* dalam permainan bulutangkis, dan apakah ada perbedaan pengaruh antara kedua metode tersebut. metode yang digunakan adalah metode eksperimen dengan desain *Pretest-Posttest Group Design*. Sampel yang digunakan adalah sampel jenuh yang dipilih melalui kriteria sebanyak 30 orang dengan 15 orang kelompok *block practice* dan 15 orang *random practice*. Hasil peningkatan hasil belajar siswa dengan menggunakan metode pengaturan *block* dan *random practice* keduanya memiliki pengaruh yg signifikan. Perbandingan peningkatan hasil belajar *forehand* antara metode *block* dan *random practice* tidak mengalami peningkatan yang signifikan. Sehingga dapat disimpulkan bahwa metode *block* dan *random practice* meningkatkan secara signifikan hasil belajar dalam pukulan *forehand*. Disisi lain perbandingan peningkatan hasil belajar antara kedua metode tersebut tidak menunjukkan hasil yang signifikan dalam pukulan *forehand* dalam permainan bulutangkis.

Kata kunci : *Block and Random Practice*, Hasil Belajar, Permainan Bulutangkis

THE EFFECT OF BLOCK AND RANDOM PRACTICE SETTING TO LEARNING RESULTS FOREHAND IN BADMINTON GAMES

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ABSTRACT

Student difficulties in learning the game of badminton for beginners make the lack of participation of students in playing badminton, to solve this problem one way is to use the proper training methods. The purpose of this study was to determine whether the block practice training methods and random practice on learning outcomes forehand in the game of badminton, and whether there are differences in effect between the two methods. the method used is an experimental method with pretest-posttest design Group Design. The samples are saturated sample selected by criteria of 30 people with 15 groups and 15 block random practice practice. The result of improving student learning outcomes using the method of setting blocks and random practice both have a significant effect. Comparison between the learning outcome forehand block and random practice method is not significantly increased. It can be concluded that the method of block and random practice significantly improve learning outcomes in forehand. On the other hand learning outcome comparisons between the two methods showed no significant results in a forehand in the game of badminton. It can be concluded that the method of block and random practice significantly improve learning outcomes in forehand. On the other hand learning outcome comparisons between the two methods showed no significant results in a forehand in the game of badminton. It can be concluded that the method of block and random practice significantly improve learning outcomes in forehand. On the other hand learning outcome comparisons between the two methods showed no significant results in a forehand in the game of badminton.

Keywords : Block and Random Practice, Results Learning, Games Badminton