

ABSTRAK

PENGARUH GAYA MENGAJAR DAN KEBUGARAN JASMANI TERHADAP HASIL BELAJAR KETERAMPILAN TEKNIK DASAR TENIS DI SEKOLAH FIKS

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Tujuan penelitian ini adalah untuk mengetahui pengaruh gaya mengajar dan kebugaran jasmani terhadap hasil belajar keterampilan teknik dasar tennis di sekolah FIKS.

Metode penelitian yang digunakan adalah metode eksperimen dengan menggunakan *factorial design 2x2*. Variabel dalam penelitian ini terdiri dari (1) Variabel bebas aktif, yaitu gaya mengajar resiprokal dan gaya mengajar komando. (2) Variabel bebas atribut yaitu tingkat kebugaran awal siswa yang rendah dan tinggi. Dan (3) variabel terikatnya, yaitu hasil belajar keterampilan teknik dasar tennis.

Populasi dalam penelitian ini adalah siswa putra tingkat pre-intermediate, intermediate, Advanced sekolah tennis FIKS Bandung yang berusia 12 – 15 tahun sebanyak 64 orang. Teknik pengambilan sampel menggunakan teknik *simple random sampling*, menjadi sebanyak 60 orang sesuai dengan yang dibutuhkan dalam penelitian. Kemudian diambil 27% kelompok atas dan 27% kelompok bawah. Kemudian peneliti membagi menjadi dua kelompok yaitu yang diajar melalui gaya mengajar resiprokal 16 orang dan gaya mengajar komando 16 orang, setelah itu dikaitkan dengan tingkat kebugaran jasmani tinggi dan rendah sehingga semuanya menjadi 4 kelompok. Instrumen yang dipilih penulis adalah Tes Kebugaran Jasmani Indonesia untuk tingkat menengah pertama (untuk menentukan tingkat kebugaran jasmani) dan untuk tes keterampilan teknik dasar tennis (tes awal dan akhir keterampilan teknik dasar tennis).

Berdasarkan pengolahan data diperoleh hasil sebagai berikut: 1) Terdapat pengaruh gaya mengajar terhadap hasil belajar keterampilan teknik dasar tennis siswa FIKS, berdasarkan hasil analisis data F_0 sebesar 4.48 lebih besar dari F_t sebesar 4.20; 2) Terdapat interaksi antara gaya mengajar dan kebugaran jasmani terhadap hasil belajar keterampilan teknik dasar tennis, berdasarkan hasil analisis data F_0 sebesar 27.50 lebih besar dari F_t sebesar 4.20; 3) Terdapat pengaruh gaya mengajar resiprokal dan komando terhadap hasil belajar keterampilan teknik dasar tennis pada siswa yang memiliki kebugaran tinggi, berdasarkan hasil analisis data q -hitung = 7.36 lebih besar daripada q -tabel = 3.34; 4) Terdapat pengaruh gaya mengajar resiprokal dan komando terhadap hasil belajar keterampilan teknik dasar tennis pada siswa yang memiliki kebugaran rendah, berdasarkan hasil analisis data q -hitung = 3.13 lebih kecil daripada q -tabel = 3.34.

Kesimpulan dari penelitian ini, yaitu : (1) Terdapat pengaruh gaya mengajar terhadap hasil belajar teknik dasar tennis; (2) Terdapat pengaruh interaksi antara gaya mengajar dan kebugaran jasmani terhadap hasil belajar teknik dasar tennis; (3) Terdapat pengaruh gaya mengajar terhadap keterampilan teknik dasar tennis pada kelompok siswa yang memiliki kebugaran jasmani tinggi dan rendah.

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Pengaruh Gaya Mengajar Dan Kebugaran Jasmani Terhadap Hasil Belajar Keterampilan Teknik Dasar Tennis Di Sekolah Fiks

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ABSTRACT

Ferdinand Leon Aryan. The Effect of Teaching Style and Physical Fitness to basic technique learning skills to play tennis at FIKS School. Thesis. The Study Program of Physical Education, Post Graduate of Indonesia University of Education. Bandung June 2013

The purpose of this research was to determine the effect of teaching style and physical fitness of the basic techniques of tennis skills learning outcomes in FIKS tennis schools.

The method used is an experimental method using a 2x2 factorial design. Variables in this study involve three variables, namely: (1) active independent variable, which consists of reciprocal teaching styles and command teaching styles. (2) independent variable attributes, such as students' initial fitness levels are low and high. (3) The dependent variable is the result of basic technique tennis skills.

The populations in this study are male students in pre-intermediate, intermediate and advanced level that age 12-15 years as many as 64 people in tennis school FIKS Bandung. Sampling techniques using simple random sampling technique, to as many as 60 people as required in the study. Then take 27% of the group above and the 27% group below. Researchers then divided into two groups which are taught through reciprocal teaching styles and command teaching styles 16 people, after it was associated with a high level of physical fitness and lower into 4 groups. Research duration is 2 months, amount of exercise is 18 sessions, with a frequency of 3 times a week. The instrument author chosen is a test of physical fitness for the Indonesian junior secondary level (to determine the level of physical fitness) and to play tennis skills (beginning and end of the test tennis skills) there are two tests with a level of reliability coefficient of 0.76 which forehand groundstroke tennis tests and backhand groundstroke tennis tests.

Based on the processing of the data obtained the following results: 1) The effect of reciprocal teaching style behavior is compared with the use of command teaching style on learning outcomes of the basic techniques of tennis skills, based on the analysis of the F_0 of 4:48 greater than F_t at 4:20; 2) The interaction between teaching styles and physical fitness on learning outcomes of basic skills of tennis technique, based on the analysis of the F_0 of 27.50 was greater than 4.20 F_t , 3) the effect of reciprocal teaching style and command of the learning outcomes of the basic techniques of tennis skills in students who have high fitness, based on the analysis of the q -count = 7.36 is greater than the q -table = 3:34; 4) The effect of reciprocal teaching style and command of the learning outcomes of the basic techniques of tennis skills in students who have low fitness, based on the analysis of data-count = 3:13 q smaller than q -table = 3:34.

The conclusion of this study, namely: (1) There is an influence of teaching style on learning outcomes of the basic techniques of tennis, (2) There is an interaction effect between teaching style and physical fitness of the basic techniques of tennis; (3) There is the influence of teaching styles to the basic techniques of tennis skills in a group of students who have a high and low physical fitness.