

**PENGEMBANGAN VIDEO PETUNJUK LATIHAN KEKUATAN  
KREATIF BAGI MAHASISWA PADA ERA PANDEMI COVID – 19**

SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Sarjana Olahraga

Program Studi Ilmu Keolahragaan



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UNIVERSITAS PENDIDIKAN INDONESIA**

**2020**

**LEMBAR PENGESAHAN SKRIPSI**

**Pengembangan Video Petunjuk Latihan Kekuatan Kreatif Bagi Mahasiswa  
Pada Era Pandemi Covid – 19**

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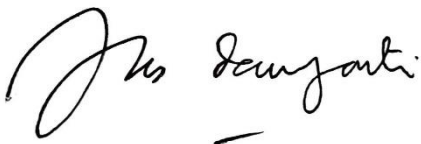
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Oleh

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Sarjana Olahraga pada Program Studi Ilmu Keolahragaan Fakultas Pendidikan  
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## **ABSTRAK**

### **PENGEMBANGAN VIDEO PETUNJUK LATIHAN KEKUATAN KREATIF BAGI MAHASISWA PADA ERA PANDEMI COVID – 19**

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Tujuan dari penelitian ini adalah untuk membuat video petunjuk latihan kekuatan yang dapat digunakan sebagai media pelatihan mahasiswa pada era Covid-19. Penelitian ini menggunakan jenis penelitian Design and Development (D&D) dengan 6 tahapan prosedur penelitian, yaitu: (1) Identifikasi masalah (2) mendeskripsikan tujuan (3) desain dan pengembangan produk (4) pengujian produk (5) evaluasi setelah uji coba (6) Kesimpulan. Instrumen penelitian yang digunakan adalah Uji Validitas Ahli dan Uji Tayang pada mahasiswa dengan menggunakan kuesioner. Hasil penilaian ahli menunjukkan bahwa produk video ini dapat dikategorikan sebagai media sangat baik dan interaktif setelah dilakukan beberapa tahapan revisi dan saran dari ahli olah raga dan ahli multimedia telah dilakukan. Hasil penilaian dari tes siaran ke komunitas virtual siswa juga menunjukkan bahwa media ini sangat baik dan menambah motivasi. Penelitian ini menyajikan rekomendasi dan kumpulan latihan kekuatan agar lebih bersemangat berolahraga selama pandemi Covid-19.

Kata Kunci: Latihan Kekuatan, Video pembelajaran, komunitas virtual, pandemi Covid – 19.

## **ABSTRACT**

### **THE DEVELOPMENT OF STRENGTH TRAINING INSTRUCTION VIDEO FOR STUDENTS IN PANDEMIC ERA OF COVID – 19**

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The aim of this study is to create a strength training instructional video that can be used as a training media for the students in the Covid-19 era. This study uses Design and Development (D&D) research with 6 stages of research procedures, namely: (1) problem identification (2) describing objectives (3) design and development of the product (4) product testing (5) evaluation after testing (6) Conclusion. The research instrument used the Expert Validity Test and Video View Test on students using a questionnaire. The results of the expert's assessment show that this video product can be categorized as a very good and interactive media after several revision stages and suggestions from sports experts and multimedia experts have been carried out. The results of the assessment from the broadcast test to the student virtual community also show that this media is very good and adds motivation. The study presents recommendations and a collection of strength training exercises to get more excited to exercise during the Covid-19 pandemic.

Keyword : strength training, video learning, virtual community, pandemic Covid – 19.

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