

## ABSTRAK

**Ridwan Fauzi NIM 0802504. Skripsi : Pengaruh Penerapan Strategi Belajar Imajeri Intruksional Terhadap Hasil Belajar Keterampilan Dasar Lob Bertahan dan Servis Tinggi. Skripsi ini dibimbing oleh Pembimbing I Dr. Dian Budiana, M. Pd dan Pembimbing II Alit Rahmat, M. Pd Program studi Pendidikan Jasmani Kesehatan dan Rekreasi, Universitas Pendidikan Indonesia.**

Penelitian ini dilatarbelakangi proses penerapan latihan bulutangkis lebih menekankan aspek fisik dan teknik, akan tetapi aspek psikologis memberikan pengaruh untuk meningkatkan kemampuan keterampilan dasar lob bertahan dan servis tinggi, sesuai latar belakang maka masalah penelitian ini dirumuskan apakah strategi belajar imajeri intruksional dapat memberikan pengaruh terhadap hasil belajar keterampilan dasar lob bertahan, servis tinggi dan memberikan pengaruh yang berbeda terhadap hasil belajar keterampilan dasar lob bertahan dan servis tinggi. Tujuan dari penelitian ini adalah untuk menguji pengaruh strategi belajar imajeri intruksional terhadap keterampilan dasar lob bertahan dan servis tinggi, sekaligus menguji perbedaan pengaruh imajeri intruksional terhadap keterampilan dasar lob bertahan dan servis tinggi. Penelitian dilaksanakan dengan menggunakan metode eksperimen terhadap 24 orang siswa sekolah bulutangkis Fakultas Pendidikan Olahraga dan Kesehatan (FPOK), terdiri dari 12 siswa puteri dan 12 siswa putera, sampel dipilih dan ditentukan dengan menggunakan tehnik pengambilan secara acak (*random assignment*). Hasil penghitungan data kelompok eksperimen dan kelompok kontrol lob bertahan dengan menggunakan uji t menunjukkan bahwa adanya perbedaan pengaruh signifikan strategi belajar imajeri intruksional antara kelompok eksperimen dan kelompok kontrol. Hal ini juga dapat dilihat nilai rerata kelompok eksperimen sebesar 21.50 > rerata kelompok kontrol sebesar 16.00. Selanjutnya hasil penghitungan dengan uji t keterampilan servis tinggi terjadi perbedaan pengaruh signifikan strategi belajar imajeri intruksional kelompok eksperimen dan kelompok kontrol. Hal ini dapat dilihat juga dari rerata kelompok eksperimen sebesar 26.08 > rerata kelompok kontrol sebesar 18.92. Diketahui hasil penghitungan uji t adanya pengaruh signifikan strategi belajar imajeri intruksional lob bertahan dan servis tinggi kelompok eksperimen. Hal ini sesuai dengan besaran rata-rata lob bertahan sebesar 21.50 < servis tinggi sebesar 26.08. Kemudian berdasarkan penghitungan uji t keterampilan lob bertahan dan servis kelompok kontrol terdapat pengaruh signifikan, hal ini sesuai dengan besaran rerata lob bertahan 16.00 < servis tinggi 18.92. Kesimpulan dari hasil uji t adanya pengaruh signifikan strategi belajar imajeri intruksional terhadap keterampilan dasar lob bertahan dan servis tinggi, serta menunjukkan bahwa keterampilan servis tinggi lebih baik dari keterampilan lob bertahan dalam kelompok eksperimen maupun kelompok kontrol.

## ABSTRAC

**Ridwan Fauzi NIM 0802504. Essay : Whether the Instructional Imagery of Learning Strategy was able to Give the Effect on the Learning Outcomes of the Basic Skills of Defensive Lob and High Service. In Essay Leader one Dr. Dian Budiana, M. Pd and Leader two Alit Rahmat, M. Pd Program Studdy Psyhical Education Health and Recreation, Indonesia University of Education.**

The background of this research was the process of implementing badminton exercise which was emphasized on physical and technical aspects, however psychological aspect also gave an effect in improving the basic skills of defesinve lob and high service. Based on the research background, the problem of the research was formulated whether the instructional imagery of learning strategy was able to give the effect on the learning outcomes of the basic skills of defensive lob and high service or not. Besides that, this study was intended to find out whether there was the different effect on the learning outcomes between the basic skill of defensive lob and the basic skill of high service or not. The purpose of this study was to examine the effect of instructional imagery of learning strategy in the basic skills of defensive lob and high service, and to examine the different effect of instructional imagery between the basic skill of defensive lob and the basic skill of high service. This study employed the experimental research to twenty four of students of badminton school at Faculty of Sport and Health Education. The sample was consisted of twelve female students and twelve male students which were selected by using random assignment. Based on the data calculation using t-test, the use of instructional imagery strategy in experimental and control group showed the significant result in students' defensive lob skill. It could be seen from the mean score of experimental group which was  $21.50 >$  the mean score of control group which was  $16.00$ . Then, the use instructional imagery in experimental and control group showed that there was the significant effect of students' high service skill. It also could be seen from the mean score of experimental group which was  $26.80 >$  the mean score of control group which was  $18.92$ . Based on the result of t-test, there was the significant effect of using instructional imagery both in defensive lob and high service skills of the experimental group. According to the mean score of defensive lob skill which was  $21.50 <$  the mean score of high service skill which was  $26.80$ . Then, the data calculation using t-test also showed that there was significant effect of defensive lob and high service skills in the control group, according to the mean score of defensive lob skill which was  $16.00 <$  the mean score of high service skill which was  $18.92$ . In conclusion, from the data calculation by using t-test, the result showed that there was significant effect of implementing instructional imagery of learning strategy toward the basic skills of defensive lob and high service. This result also proved that the high service skill was better than the defensive lob skill both in experimental group and control group.