ABSTRAK

PENGEMBANGAN TEKNIK SUSUPAN DALAM BANTINGAN GULAT DI CLUB GULAT KARO INDONESIA TAHUN 2024

Penelitian ini bertujuan untuk menghasilkan produk "pengembangan variasi bantingan pada beladiri gulat" yang dapat digunakan oleh atlet.

Metode penelitian yang digunakan adalah *research and Development.* Langkah-langkah penelitian ini mengadaptasi dari langkah penelitian Sugiyono yang diadaptasi menjadi 10 langkah. Uji coba kelompok kecil dilakukan, sedangkan uji coba kelompok besar dilakukan terhadap 16 siswa dan uji efektifitas dengan 14 atlet. Instrumen yang digunakan untuk mengumpulkan data adalah lembar evaluasi, dan angket skala penilaian. Data hasil evaluasiberbentuk deskriptif kualitatif dan kuantitatif presentase.

Hasil penelitian menunjukkan bahwa sistem informasi pengembangan variasi bantingan layak digunakan sebagai pedoman dalm penyusunan program latihan pada beladiri gulat. Hal ini ditunjukkan dari beberapa penilaian yang telah dilakukan oleh ahli materi dan uji coba kelompok. Hasil akhir penilaian produk oleh ahli materi menunjukkan bahwa variasi bantingan "layak" dengan persentase 80,55%. Pada hasil uji coba kelompok kecil didapatkan hasil "layak" dengan persentase 77%, dan hasil uji coba kelompok besar diperoleh hasil "layak" dengan persentase 93%. Sehingga produk variasi gerakan bantingan layak untuk dipergunakan pada atlet beladiri gulat di club Gulat Karo Indonesia.

Kata Kunci: *variasi gerakan bantingan pada beladiri gulat*

ABSRACT

DEVELOPMENT OF ATTRACTION TECHNIQUES IN WRESTLING SLAMS AT THE INDONESIAN KARO WRESTLING CLUB IN 2024

This research aims to produce a product "development of throwing variations in wrestling martial arts" that can be used by athletes.

The research method used is research and development. The steps for this research were adapted from Sugiyono's research steps which were adapted into 10 steps. Small group trials were carried out, while large group trials were carried out on 16 students and effectiveness tests with 14 athletes. The instruments used to collect data are evaluation sheets and assessment scale questionnaires. The evaluation data is in the form of descriptive qualitative and quantitative percentages.

The results of the research show that the information system for developing throwing variations is suitable for use as a guide in preparing training programs for wrestling martial arts. This is shown from several assessments that have been carried out by material experts and group trials. The final results of the product assessment by material experts show that the variation of the kickback is "feasible" with a percentage of 80.55%. In the results of the small group trial, the results were "feasible" with a percentage of 77%, and the results of the large group trials obtained "feasible" results with a percentage of 93%. So the product variations of throwing movements are suitable for use by martial arts wrestling athletes at the Indonesian Karo Wrestling club.

Keywords: variations of throwing movements in wrestling martial arts