

ABSTRAK

Enos Bukit, Npm .1715030008. Upaya Meningkatkan Hasil Belajar Passing Bawah Dalam Permainan Bola Voli Melalui Variasi Latihan Pada Siswa Kelas VIII SMP Swasta Advent Barus Julu Tahun Pelajaran 2020/2021.

Skripsi, Program Studi Pendidikan Olahraga Fakultas Keguruan Dan Ilmu Pendidikan Universitas Quality Berastagi. Dibimbing Oleh Julius Boy Nesra Barus S.Pd., M.Pd dan Aser Paul Nainggolan S.Pd.

Penelitian ini dilakukan bertujuan untuk meningkatkan Hasil Belajar Passing Bawah dalam Permainan Bola Voli melalui Variasi Latihan pada Siswa Kelas VIII SMP Swasta Advent Barus Julu Tahun Pelajaran 2020/2021.

Lokasi penelitian ini dilaksanakan di SMP Swasta Advent Barus Julu Tahun Pelajaran 2020/2021 dengan jumlah sampel sebanyak 30 orang. Metode penelitian yang digunakan adalah penelitian tindakan kelas (PTK). Yang terdiri dari siklus I dan siklus II. Untuk memperoleh data dalam penelitian ini maka dilakukan tes hasil belajar I (siklus I) dan tes hasil belajar II (siklus II) sebanyak dua kali pertemuan.

Setelah data terkumpul akan dilakukan analisis: (1) dari tes hasil belajar sebelum melakukan variasi latihan diperoleh 17 siswa (56,66%) yang telah mencapai tingkat ketuntasan belajar, sedangkan 13 siswa (43,34%) belum mencapai tingkat ketuntasan belajar, dengan nilai rata-rata 64,81 kemudian dilakukan pembelajaran dengan variasi latihan metode berpasangan. (2) dari tes hasil belajar dengan variasi pembelajaran metode berpasangan di siklus I diperoleh 21 siswa (70%) yang telah mencapai tingkat ketuntasan belajar, sedangkan 9 siswa (30%) belum mencapai tingkat ketuntasan belajar, dengan nilai rata-rata 72,85. Karena belum tercapai ketuntasan klasikal maka dilakukan kembali pembelajaran siklus II. (3) dari tes hasil belajar II diperoleh 27 siswa (90%) yang mencapai ketuntasan belajar, sedangkan 3 siswa (10%) belum mencapai ketuntasan belajar, dengan nilai rata-rata 78,63. Dalam hal ini dapat dilihat bahwa terjadi peningkatan nilai rata-rata hasil belajar siklus I ke siklus II. Berdasarkan hasil analisis data dikatakan bahwa dengan penerapan variasi pembelajaran dapat meningkatkan hasil belajar passing bawah dalam permainan

bola voli pada siswa kelas VIII SMP Swasta Advent Barus Julu Tahun Pelajaran 2020/2021.

Kata kunci : Variasi Latihan, Passing Bawah Bola Voli, Hasil Belajar



ABSTRACT

Enos Bukit, Npm .17150300008. Efforts to Improve Lower Passing Learning Outcomes in Volleyball Games Through Variations of Exercises for Class VIII Students of Barus Adventist Private Junior High School in the Academic Year 2020/2021. Thesis, Sports Education Study Program, Faculty of Teacher Training and Education at the Quality Berastagi University. Guided by Julius Boy Nesra Barus S.Pd., M.Pd and Aser Paul Nainggolan S.Pd., M.Pd.

This research was conducted with the aim of improving the Lower Passing Learning Outcomes in Volleyball Games through Variations of Exercises for Class VIII Students of the Barus Julu Adventist Private Junior High School for the 2020/2021 Academic Year.

The location of this research was carried out at the Barus Julu Adventist Private Junior High School for the 2020/2021 academic year with a total sample of 30 people. The research method used is classroom action research (CAR). Which consists of cycle I and cycle II. To obtain data in this study, the learning outcomes test I (cycle I) and learning outcomes test II (cycle II) were carried out in two meetings.

After the data has been collected, an analysis will be carried out: (1) from the test of learning outcomes before doing variations of the exercise, 17 students (56.66%) have reached the learning mastery level, while 13 students (43.34%) have not reached the learning mastery level, with the average value of 64.81 then carried out learning with variations in paired method exercises. (2) from the learning outcomes test with the variation of paired learning method in the first cycle, 21 students (70%) have reached the mastery level of learning, while 9 students (30%) have not reached the learning mastery level, with an average value of 72.85 . Because classical completeness has not been achieved, the second cycle of learning is carried out again. (3) from the second learning outcomes test, 27 students (90%) achieved complete learning, while 3 students (10%) had not achieved learning mastery, with an average score of 78.63. In this case, it can be

seen that there is an increase in the average value of learning outcomes from cycle I to cycle II. Based on the results of data analysis, it is said that the application of learning variations can improve lower passing learning outcomes in volleyball games for class VIII students of the Barus Julu Adventist Private Junior High School for the 2020/2021 academic year.

Keywords : Exercise Variations, Volleyball Bottom Passing, Learning Outcomes

