

**PENERAPAN MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*  
(PBL) BERBASIS ICT UNTUK MENINGKATKAN HASIL BELAJAR PJOK  
MATERI TEKNIK DASAR CHEST PASS DAN BOUNCE PASS BOLA BASKET  
PADA PESERTA DIDIK KELAS VIII SMP NEGERI 5 SINGARAJA TAHUN  
PELAJARAN 2022/2023.**

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**Abstrak**

Penelitian ini bertujuan untuk meningkatkan hasil belajar variasi teknik dasar (*chest pass* dan *bounce pass*) dalam permainan bola basket melalui penerapan model pembelajaran *Problem Based Learning* (PBL) berbasis ICT. Jenis penelitian ini adalah penelitian tindakan kelas. Subjek penelitian ini adalah peserta didik kelas VIII E SMP Negeri 5 Singaraja tahun pelajaran 2022/2023. Pengumpulan data hasil belajar variasi teknik dasar (*chest pass* dan *bounce pass*) dalam permainan bola basket menggunakan tes untuk hasil belajar aspek kognitif serta lembar observasi untuk hasil belajar aspek afektif dan psikomotor. Analisis data menggunakan analisis statistik deskriptif, yaitu menghitung persentase ketuntasan klasikal dan hasil rata-rata persentase antar siklus kemudian dibandingkan dengan kriteria keberhasilan tindakan. Hasil penelitian menunjukkan adanya peningkatan ketuntasan belajar pada aspek afektif, siklus I sebesar 84,8%, siklus II sebesar 87,9%, sehingga terjadi peningkatan 3,1%. Pada aspek kognitif, siklus I sebesar 81,8%, siklus II sebesar 90,9%, sehingga terjadi peningkatan 9,1%. Pada aspek psikomotor, siklus I sebesar 84,8%, siklus II sebesar 93,9%, sehingga terjadi peningkatan 9,1%. Jadi, disimpulkan bahwa penerapan model pembelajaran *Problem Based Learning* (PBL) berbasis ICT dapat meningkatkan hasil belajar PJOK pada materi bola basket. Disarankan kepada guru PJOK agar berinovasi dan kreatif dalam meningkatkan kualitas pembelajaran dengan pemanfaatan ICT agar peserta didik lebih tertarik dan semangat untuk mengikuti pembelajaran.

**Kata kunci:** *problem based learning* berbasis ICT, hasil belajar, teknik dasar permainan bola basket.

**IMPLEMENTATION OF ICT-BASED PROBLEM-BASED LEARNING (PBL)  
MODEL TO IMPROVE STUDENTS' STUDENTS IN CLASS VIII STUDENTS OF  
SMP NEGERI 5 SINGARAJA ACADEMIC YEAR 2022/2023.**

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**Abstract**

*This study aims to improve the learning outcomes of basic technique variations (chest pass and bounce pass) in basketball games through the application of ICT-based Problem Based Learning (PBL) models. This type of research is classroom action research. The subjects of this research were class VIII E students of SMP Negeri 5 Singaraja for the 2022/2023 academic year. Collecting data on the learning outcomes of basic technique variations (chest pass and bounce pass) in basketball games using tests for cognitive aspects of learning outcomes as well as observation sheets for affective and psychomotor aspects of learning outcomes. Data analysis used descriptive statistical analysis, namely calculating the percentage of classical completeness and the average percentage results between cycles and then compared with the success criteria of the action. The results showed that there was an increase in learning completeness in the affective aspect, the first cycle was 84.8%, the second cycle was 87.9%, resulting in an increase of 3.1%. In the cognitive aspect, cycle I was 81.8%, cycle II was 90.9%, resulting in an increase of 9.1%. In the psychomotor aspect, cycle I was 84.8%, cycle II was 93.9%, resulting in an increase of 9.1%. So, it was concluded that the application of the ICT-based Problem Based Learning (PBL) learning model could improve PJOK learning outcomes in basketball material. It is suggested to PJOK teachers to innovate and be creative in improving the quality of learning by utilizing ICT so that students are more interested and enthusiastic about participating in learning.*

**Keywords:** *ICT-based problem based learning, learning outcomes, basic techniques of playing basketball.*

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