

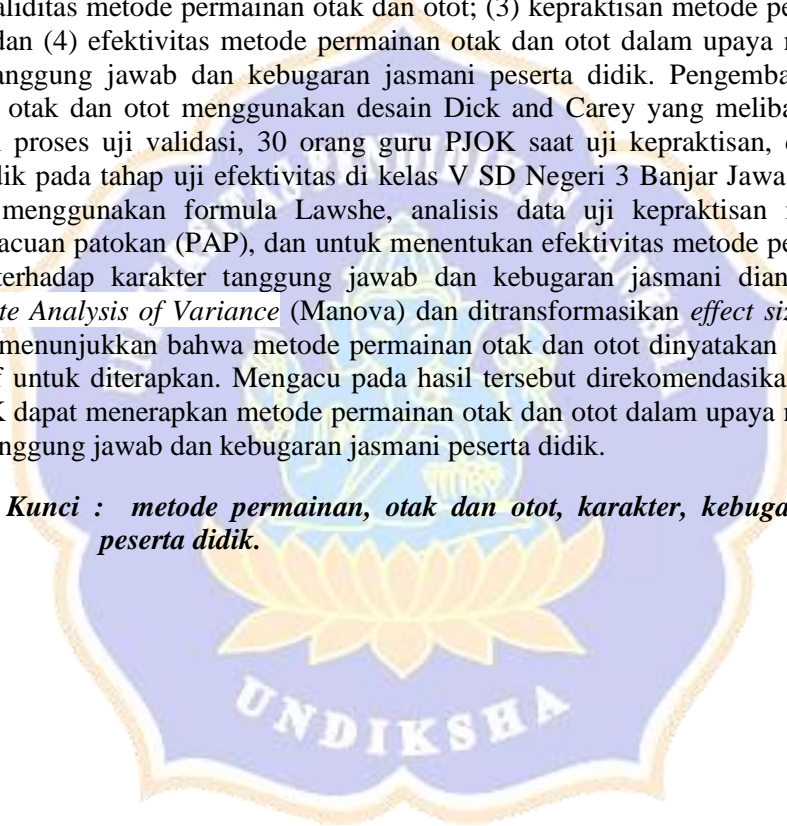
PENGEMBANGAN METODE PERMAINAN OTAK DAN OTOT DALAM UPAYA MENINGKATKAN KARAKTER TANGGUNG JAWAB DAN KEBUGARAN JASMANI PESERTA DIDIK

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui: (1) rancang bangun metode permainan otak dan otot; (2) validitas metode permainan otak dan otot; (3) kepraktisan metode permainan otak dan otot; dan (4) efektivitas metode permainan otak dan otot dalam upaya meningkatkan karakter tanggung jawab dan kebugaran jasmani peserta didik. Pengembangan metode permainan otak dan otot menggunakan desain Dick and Carey yang melibatkan 5 orang ahli dalam proses uji validasi, 30 orang guru PJOK saat uji kepraktisan, dan 60 orang peserta didik pada tahap uji efektivitas di kelas V SD Negeri 3 Banjar Jawa. Uji validitas dianalisis menggunakan formula Lawshe, analisis data uji kepraktisan menggunakan penelitian acuan patokan (PAP), dan untuk menentukan efektivitas metode permainan otak dan otot terhadap karakter tanggung jawab dan kebugaran jasmani dianalisis dengan *Multivariate Analysis of Variance* (Manova) dan ditransformasikan *effect size* (ES). Hasil penelitian menunjukkan bahwa metode permainan otak dan otot dinyatakan valid, praktis, dan efektif untuk diterapkan. Mengacu pada hasil tersebut direkomendasikan bahwa para guru PJOK dapat menerapkan metode permainan otak dan otot dalam upaya meningkatkan karakter tanggung jawab dan kebugaran jasmani peserta didik.

Kata-kata Kunci : metode permainan, otak dan otot, karakter, kebugaran jasmani, peserta didik.



**DEVELOPMENT OF BRAIN AND MUSCLE GAME METHODS IN AN
EFFORT TO IMPROVE THE CHARACTER OF RESPONSIBILITY
AND PHYSICAL FITNESS OF STUDENTS**

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ABSTRACT

This study aims to determine: (1) the design of the brain and muscle game method; (2) the validity of the brain and muscle game method; (3) the practicality of brain and muscle game methods; and (4) the effectiveness of the brain and muscle game method in an effort to improve the character of responsibility and physical fitness of students. The development of the brain and muscle game method used the Dick and Carey design which involved 5 experts in the validation test process, 30 PJOK teachers during the practicality test, and 60 students in the effectiveness test stage in class V SD Negeri 3 Banjar Jawa. Validity test was analyzed using the Lawshe formula, practicality test data analysis using benchmark reference research (PAP), and to determine the effectiveness of the brain and muscle game method on the character of responsibility and physical fitness was analyzed by Multivariate Analysis of Variance (Manova) and transformed effect size (ES) . The results of the study show that the brain and muscle game method is valid, practical, and effective to apply. Referring to these results, it is recommended that PJOK teachers apply the brain and muscle game method in an effort to improve students' character of responsibility and physical fitness.

Key Words: *game method, brain and muscle, character, physical fitness, students.*

