

**PENGEMBANGAN MEDIA PEMBELAJARAN BERBASIS  
VIDEO TUTORIAL TEKNIK DASAR RENANG GAYA  
DADA PADA PESERTA DIDIK TINGKAT SMA**

**Oleh**

**I Gede Edi Adnyana**

**Prodi Pendidikan Jasmani Kesehatan dan Rekreasi**

**Abstrak**

Tujuan penelitian ini adalah untuk mengembangkan media pembelajaran berbasis video tutorial dalam mata pelajaran renang teknik dasar renang gaya dada dengan model ADDIE. Pengembangan video pembelajaran divalidasi oleh 4 orang ahli. Teknik pengambilan data menggunakan instrument berbentuk kuesioner dalam bentuk skala skor. Setelah divalidasi oleh ahli dilanjutkan dengan uji coba kelompok kecil dan kelompok besar. Subjek uji coba dalam penelitian ini peserta didik kelas XI.A di SMA Negeri 2 Negara. Berdasarkan penilaian ahli isi materi pembelajaran memperoleh 94,66% kategori sangat baik, ahli desain pembelajaran memperoleh 94% dengan kategori sangat baik, ahli media pembelajaran memperoleh 99% kategori sangat baik dan penilaian ahli praktisi lapangan memperoleh 98% kategori sangat baik. Hasil uji coba produk yaitu pada uji coba kelompok kecil memperoleh 92,8% kategori sangat baik dan pada uji coba kelompok besar memperoleh 93,83% kategori sangat baik. Berdasarkan hasil-hasil tersebut dapat disimpulkan bahwa media pembelajaran ini layak untuk diimplementasikan pada saat proses pembelajaran.

**Kata Kunci:** Media Video Pembelajaran, Renang Gaya Dada, Model ADDIE

***THE DEVELOPMENT OF VIDEO TUTORIAL-BASED  
LEARNING MEDIA IN BASIC SWIMMING BREASTSTROKE  
TECHNIQUES TO HIGH SCHOOL LEVEL STUDENTS***

***By***

***I Gede Edi Adnyana***

***Health and Recreation Physical Education Study Program***

***Abstract***

*The aim of this research is to develop video tutorial-based learning media for the subject of basic breaststroke swimming techniques using the ADDIE model. The development of the instructional video was validated by four experts. Data were collected through a questionnaire in the form of a scoring scale. After validation by experts, it was followed by small group and large group trials. The trial subjects in this research were students of class XI.A at SMA Negeri 2 Negara. Based on the assessment of subject matter experts, it received a score of 94.66%, categorized as very good; instructional design experts scored it 94%, categorized as very good; instructional media experts scored it 99%, categorized as very good, and the assessment by field practitioners scored it 98%, categorized as very good. The product testing results showed that in the small group trial, it received a score of 92.8%, categorized as very good, and in the large group trial, it received a score of 93.83%, categorized as very good. Based on these results, it can be concluded that this learning media is suitable to be implemented during the learning process.*

***Keywords:*** *Learning Video Media, Breaststroke Swimming, ADDIE Model*

