

**PENERAPAN MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*
UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI ATLETIK
PESERTA DIDIK KELAS XA SMA NEGERI 1 SAWAN
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui peningkatan hasil belajar PJOK melalui materi atletik lari jarak pendek pada peserta didik kelas XA di SMA Negeri 1 Sawan dengan penerapan model pembelajaran *problem based learning*. Penelitian ini merupakan jenis penelitian tindakan kelas. Subjek penelitiannya adalah peserta didik kelas XA di SMA Negeri 1 Sawan. Data hasil belajar diambil dengan format *assesmen* teknik dasar atletik lari jarak pendek meliputi aspek *afektif, kognitif, psikomotor*. Data dianalisis menggunakan teknik analisis *statistic deskriptif*. Hasil penelitian menunjukkan bahwa penerapan model pembelajaran *problem based learning* dapat meningkatkan hasil belajar PJOK materi atletik lari jarak pendek pada peserta didik kelas XA di SMA Negeri 1 Sawan. Dapat dilihat pada observasi awal persentase ketuntasan hasil belajar pada aspek *kognitif* yang tuntas yaitu 3 orang (8,82%) dan pada aspek *psikomotor* yaitu sebanyak 4 orang (11,76%), pada siklus I aspek *kognitif* yang tuntas menjadi 10 orang (29,4%), pada aspek *psikomotor* yang tuntas menjadi 12 orang (35,29%) dan pada siklus II aspek *kognitif* yang tuntas menjadi 30 orang (88,23%) dan aspek *psikomotor* yang tuntas menjadi 29 orang (85,29%). Dapat disimpulkan bahwa penerapan model pembelajaran *problem based learning* (PBL) dapat meningkatkan hasil belajar PJOK. Disarankan bahwa model pembelajaran *problem based learning* bisa diterapkan di sekolah karena dapat meningkatkan hasil belajar PJOK materi atletik lari jarak pendek bagi peserta didik

Kata Kunci: *Problem Based Learning*, Hasil Belajar, PJOK.

**IMPLEMENTATION OF PROBLEM BASED LEARNING (PBL) MODELS
TO IMPROVE LEARNING RESULTS AT ATHLETIC MATERIAL
STUDENTS OF CLASS X SMA NEGERI 1 SAWAN
ACADEMIC YEAR 2023/2024**

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ABSTRACT

This study aims to determine the improvement of PJOK learning outcomes through short distance running athletic material in class XA students at SMA Negeri 1 Sawan with the application of a problem-based learning model. This research is a type of classroom action research. The subject of his research was class XA students at SMA Negeri 1 Sawan. Learning outcome data is taken in the format of assessment of basic athletic techniques for short-distance running including affective, cognitive, psychomotor aspects. The data were analyzed using descriptive statistical analysis techniques. The results showed that the application of the problem-based learning model can improve the learning outcomes of PJOK short distance running athletic material in class XA students at SMA Negeri 1 Sawan. It can be seen in the initial observation that the percentage of completeness of learning outcomes in the complete cognitive aspects is 3 people (8.82%) and in the psychomotor aspect which is as many as 4 people (11.76%), in the first cycle the cognitive aspects are completed to 10 people (29.4%), in the psychomotor aspects that are completed to 12 people (35.29%) and in the second cycle the cognitive aspects that are completed to 30 people (88.23%) and the psychomotor aspects that are completed to 29 people (85.29%). It can be concluded that the application of the problem-based learning (PBL) learning model can improve PJOK learning outcomes. It is recommended that the problem-based learning model can be applied in schools because it can improve the learning outcomes of PJOK athletic material for short-distance running for students.

Keywords: *Problem Based Learning, Learning Outcomes, PJOK*