

**PENGARUH MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*  
(PBL) BERBANTUAN MEDIA *ICT TPACK* TERHADAP HASIL BELAJAR  
PJOK MATERI SENAM LANTAI (*ROLL DEPAN DAN ROLL*  
*BELAKANG*) PESERTA DIDIK KELAS VIII  
SMP NEGERI 7 SINGARAJA**

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**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh model pembelajaran *Problem Based Learning* (PBL) berbantuan media *ICT TPACK* terhadap hasil belajar senam lantai roll depan dan roll belakang peserta didik kelas VIII SMP Negeri 7 Singaraja.

Penelitian ini adalah penelitian eksperimen sungguhan dengan menggunakan rancangan penelitian Pretest dan Post-test Control Group Design. Populasi penelitian adalah seluruh peserta didik kelas VIII SMP Negeri 7 Singaraja yaitu terdiri dari 150 orang peserta didik dan dibagi menjadi 5 kelas. Pengambilan sampel dapat dilakukan dengan simple random sampling berdasarkan kelas. Kelas yang terpilih menjadi sampel penelitian adalah kelas 8B sebagai kelompok eksperimen dan kelas 8C sebagai kelompok kontrol.

Data hasil belajar senam lantai dikumpulkan melalui tes esai untuk aspek kognitif dan unjuk kerja untuk aspek psikomotor. Analisis data menggunakan uji-t dengan bantuan SPSS 26.0 for Windows. Rata-rata kelompok eksperimen adalah 0,523 lebih tinggi dari rata-rata kelompok kontrol adalah 0,313. Signifikansi pada uji hipotesis diperoleh melalui uji parametrik (Independent-Samples t Test) adalah 0,000 yaitu  $p < 0,05$ .

Disimpulkan bahwa terdapat pengaruh yang signifikan model pembelajaran *Problem Based Learning* (PBL) berbantuan Media *ICT TPACK* terhadap hasil belajar senam lantai peserta didik kelas VIII SMP Negeri 7 Singaraja. Disarankan kepada guru PJOK dapat menerapkan model pembelajaran *Problem Based Learning* (PBL) berbantuan Media *ICT TPACK* karena terbukti berpengaruh signifikan terhadap hasil belajar senam lantai peserta didik.

**Kata-kata kunci:** hasil belajar, media *ICT TPACK*, *Problem Based Learning*, senam lantai.

**THE INFLUENCE OF THE PROBLEM BASED LEARNING (PBL)  
LEARNING MODEL ASSISTED WITH ICT TPACK MEDIA ON THE  
LEARNING OUTCOMES OF CORNER FLOOR GYMNASTIC MATERIALS  
(FRONT ROLL AND BACK ROLL) OF CLASS VIII STUDENTS JUNIOR  
HIGH SCHOOL 7 SINGARAJA**

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**ABSTRACT**

*This research aims to determine the effect of the Problem Based Learning (PBL) learning model assisted by ICT TPACK media on the learning outcomes of front roll and back roll floor exercise for class VIII students at SMP Negeri 7 Singaraja.*

*This research is real experimental research using a Pretest and Post-test Control Group Design research design. The research population was all students in class VIII of SMP Negeri 7 Singaraja, consisting of 150 students and divided into 5 classes. Sampling can be done by simple random sampling based on class. The classes selected as research samples were class 8B as the experimental group and class 8C as the control group.*

*Data on floor exercise learning outcomes were collected through essay tests for cognitive aspects and performance for psychomotor aspects. Data analysis used the t-test with the help of SPSS 26.0 for Windows. The experimental group's average was 0.523, higher than the control group's average, which was 0.313. The significance of the hypothesis test obtained through a parametric test (Independent-Samples t Test) is 0.000, namely  $p < 0.05$ .*

*It was concluded that there was a significant influence of the Problem Based Learning (PBL) learning model assisted by TPACK ICT Media on the floor exercise learning outcomes of class VIII students at SMP Negeri 7 Singaraja. It is recommended that PJOK teachers apply the Problem Based Learning (PBL) learning model assisted by TPACK ICT Media because it has been proven to have a significant effect on students' floor exercise learning outcomes.*

***Keywords: Learning outcomes, ICT TPACK media, Problem Based Learning, floor exercises.***