

**PENGARUH MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*  
(PBL) BERBANTUAN MEDIA *ICT TPACK* TERHADAP HASIL BELAJAR  
PJOK MATERI SENAM LANTAI (GERAK MELOMPAT, GERAK  
KESEIMBANGAN DAN CIUM LUTUT) PESERTA DIDIK KELAS III  
SD NEGERI 3 BANJAR JAWA**

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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 materi melompat, gerak keseimbangan dan cium lutut peserta didik kelas III SD Negeri 3 Banjar Jawa.

Penelitian ini adalah penelitian eksperimen sungguhan dengan menggunakan rancangan penelitian *Pretest dan Post-test Control Group Design*. Populasi penelitian adalah seluruh peserta didik kelas III SD Negeri 3 Banjar Jawa yaitu terdiri dari 106 orang peserta didik dan dibagi menjadi 3 kelas. Pengambilan sampel dapat dilakukan dengan *simple random sampling* berdasarkan kelas. Kelas yang terpilih menjadi sampel penelitian adalah kelas 3A sebagai kelompok eksperimen dan kelas 3B 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 0,528 lebih tinggi dari rata-rata kelompok kontrol adalah 0,430. 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 pada model pembelajaran *Problem Based Learning* (PBL) berbantuan Media *ICT TPACK* terhadap hasil belajar senam lantai peserta didik kelas III SD Negeri 3 Banjar Jawa. 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 kunci:** hasil belajar, media *ICT TPACK*, *problem based learning*, senam lantai.

**THE INFLUENCE OF THE PROBLEM-BASED LEARNING MODEL  
(PBL) ASSISTED BY ICT TPACK MEDIA ON THE LEARNING  
OUTCOMES OF PJOK FLOOR GYMNASTICS MATERIAL (JUMPING  
MOTION, BALANCE MOTION AND KNEE KISS) FOR CLASS III  
STUDENTS. ELEMENTARY SCHOOL 3 BANJAR JAWA**

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**ABSTRAK**

*This study aims to determine the effect of the problem-based learning (PBL) learning model assisted by ICT TPACK media on the learning outcomes of floor gymnastics material for jumping, balance movements, and kissing the knees of third grade students of SD Negeri 3 Banjar Jawa. The pre- and post-test control group design is used in this real experimental research.*

*The study population was all third grade students of SD Negeri 3 Banjar Jawa, consisting of 106 students and divided into 3 classes. Sampling can be done by simple random sampling based on class. The class selected as the research sample was class 3A as the experimental group and class 3B as the control group. Data on the learning outcomes of floor gymnastics were collected through essay tests for cognitive aspects and performance for psychomotor aspects. Data analysis used a t-test with the help of SPSS 26.0 for Windows. The average of the experimental group was 0.528 higher than the average of the control group, which was 0.430. The significance of the hypothesis test obtained through the parametric test (Independent-Samples t Test) is 0.000, which is  $p < 0.05$ .*

*It is concluded that there is a significant effect of the problem-based learning (PBL) learning model assisted by ICT TPACK Media on the learning outcomes of floor gymnastics for third grade students of SD Negeri 3 Banjar Jawa. It is recommended that PJOK teachers apply the Problem-Based Learning (PBL) learning model assisted by ICT TPACK Media because it is proven to have a significant effect on the learning outcomes of students' floor exercises.*

**Keyword:** *learning outcomes, ICT TPACK media, problem-based learning, floor exercise.*