

**PENGARUH MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*  
(PBL) BERBANTUAN MEDIA *ICT TPACK* TERHADAP HASIL  
BELAJAR PJOK MATERI SENAM LANTAI PESERTA DIDIK KELAS  
VII SMP NEGERI 4 SINGARAJA**

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**ABSTRAK**

Penelitian ini berfokus pada efek model pengajaran *Problem Based Learning* (PBL) yang didukung oleh media pembelajaran senam lantai berbasis *ICT TPACK* dalam mata pelajaran Pendidikan Jasmani dan Kesehatan (PJOK). PBL menekankan pemecahan masalah melalui situasi dunia nyata, dan *ICT TPACK* mengintegrasikan teknologi informasi dan komunikasi ke dalam pengajaran. Penelitian ini dilakukan di SMP Negeri 4 Singaraja, kelas 7, dari Agustus hingga September 2023 menggunakan metode eksperimental. Populasi penelitian terdiri dari semua peserta didik kelas 7 di SMP Negeri 4 Singaraja, dan sampel dipilih menggunakan teknik cluster random sampling. Instrumen penelitian meliputi tes tertulis dan penilaian keterampilan yang mencakup aspek pengetahuan dan unjuk kerja dalam senam lantai. Data dikenakan pada persyaratan statistik, termasuk uji normalitas dan homogenitas. Jika data memenuhi kriteria, dilakukan uji Independent Sample T-test untuk menguji hipotesis. Hasil analisis menunjukkan bahwa kelompok eksperimen yang menerima PBL dengan pembelajaran berbantuan *ICT TPACK* menunjukkan peningkatan hasil belajar yang signifikan dibandingkan dengan kelompok kontrol yang menerima pengajaran konvensional. Di harapkan dengan model pembelajaran (PBL) berbantuan Media *ICT TPACK* dijadikan salah satu alternatif pembelajaran yang dapat diterapkan di kelas untuk mengoptimalkan hasil belajar senam lantai.

**Kata Kunci:** *PBL, ICT TPACK, Senam Lantai*

***THE INFLUENCE OF THE PROBLEM BASED LEARNING (PBL)  
LEARNING MODEL ASSISTED BY TPACK ICT MEDIA ON PJOK  
LEARNING OUTCOMES OF FLOOR EXERCISE MATERIALS OF CLASS  
VII STUDENTS OF SMP NEGERI 4 SINGARAJA***

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***ABSTRACT***

*This research focuses on the effects of the Problem Based Learning (PBL) teaching model supported by the TPACK ICT-based floor exercise learning media in Physical Education and Health (PJOK) subjects. PBL emphasizes problem solving through real-world situations, and ICT TPACK integrates information and communication technology into teaching. This research was conducted at SMP Negeri 4 Singaraja, class 7, from August to September 2023 using experimental methods. The research population consisted of all 7th grade students at SMP Negeri 4 Singaraja, and the sample was selected using a cluster random sampling technique. The research instruments include written tests and skills assessments which cover aspects of knowledge and performance in floor exercise. Data were subjected to statistical requirements, including normality and homogeneity tests. If the data meets the criteria, an Independent Sample T-test is carried out to test the hypothesis. The results of the analysis show that the experimental group that received PBL with TPACK ICT-assisted learning showed a significant increase in learning outcomes compared to the control group that received conventional teaching. It is hoped that the learning model (PBL) assisted by TPACK ICT Media will be used as a learning alternative that can be applied in the classroom to optimize floor exercise learning outcomes.*

***Keywords: PBL, ICT TPACK, Floor Exercises***