

**VISIBILITAS DAN EFEKTIVITAS
PEMBELAJARAN PJOK DI SEKOLAH DASAR(SD) SE-KECAMATAN
BULELENG**

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ABSTRAK

Pendidikan jasmani, olahraga, dan kesehatan merupakan kegiatan yang melibatkan peserta didik dalam aktivitas jasmani bertujuan untuk meningkatkan kebugaran jasmani dan meningkatkan motorik peserta didik. Penelitian ini bertujuan untuk mengetahui visibilitas dan efektivitas Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan di Sekolah Dasar (SD) Se-Kecamatan Buleleng. Jenis penelitian Deskriptif – kuantitatif dengan sampel 45 sekolah dari populasi 75 sekolah. Dengan menggunakan metode pengambilan berupa survei, observasi, studi dokumentasi, wawancara, dan kuesioner. Hasil dari penelitian ini dari segi visibilitas dan efektivitas dari segi visibilitas kompetensi kepribadian guru dengan nilai 7,88 kategori “Baik”, pelaksanaan pembelajaran dengan nilai 8,76 kategori “Baik”, rencana pelaksanaan pembelajaran dengan nilai 8,06 kategori “Baik”, dan rasio guru dengan peserta didik 1: 26,29 dengan kategori “Ideal”. Dari segi efektivitas nilai peserta didik di SD Se-Kecamatan Buleleng di sekolah sudah di nyatakan baik dalam mengikuti pelajaran pendidikan jasmani olahraga dan kesehatan (PJOK). Untuk kuesioner yang peneliti berikan di sekolah sekolah dasar (SD) Se-Kecamatan Buleleng mendapatkan jumlah responden sebanyak 621 orang. Dengan jumlah pertanyaan yang diberikan 10 pertanyaan dari hasil pandangan pendapat peserta didik maka jika di rata – ratakan keseluruhan dari kuesioner yang diberikan kepada peserta didik di sekolah dasar (SD) Se-Kecamatan Buleleng dengan jumlah responden 621 orang memberikan jawaban sangat tidak setuju 0,3%, tidak setuju 1,7%, setuju 54,7 %, dan sangat setuju 44,0%. Jadi dapat disimpulkan untuk visibilitas di sekolah dasar kategori “Baik” dan efektivitas pembelajaran pendidikan jasmani, olahraga dan kesehatan di sekolah dasar sudah berjalan efektif dan sistematis. Saran usaha mencapai tujuan Pendidikan Jasmani Olahraga dan Kesehatan di sekolah dasar harus disesuaikan dengan beberapa unsur seperti, tujuan pembelajaran, kemampuan siswa, metode pembelajaran, materi pembelajaran sarana dan prasarana yang ada di sekolah, aktivitas belajar serta kenyamanan siswa.

Kata Kunci :Visibilitas, Efektivitas Pembelajaran, Pembelajaran PJOK

**VISIBILITY AND EFFECTIVENESS
PRIMARY SCHOOLS (SD) IN BULELENG DISTRICT**

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ABSTRACT

Physical education, sports and health are activities that involve students in physical activities aimed at improving physical fitness and improving students' motor skills. This research aims to determine the visibility and effectiveness of Physical Education, Sports and Health Learning in Elementary Schools (SD) in Buleleng District. Descriptive - quantitative research type with a sample of 45 schools from a population of 75 schools. Using collection methods in the form of surveys, observations, documentation studies, interviews and questionnaires. The results of this research in terms of visibility and effectiveness in terms of visibility of teacher personality competence with a score of 7.88 in the "Good" category, learning implementation with a score of 8.76 in the "Good" category, lesson implementation plans with a score of 8.06 in the "Good" category, and the ratio of teachers to students is 1: 26.29 in the "Ideal" category. In terms of effectiveness, the grades of students in elementary schools in Buleleng District at school have been stated to be good in taking physical education, sports and health (PJOK) lessons. For the questionnaire that researchers gave to elementary schools (SD) in Buleleng District, the number of respondents was 621 people. With a total of 10 questions given from the results of students' views, if the total average of the questionnaires given to students in elementary schools (SD) in Buleleng District with a total of 621 respondents gave a strongly disagree answer of 0.3 %, disagree 1.7%, agree 54.7%, and strongly agree 44.0%. So it can be concluded that the visibility in elementary schools in the "Good" category and the effectiveness of physical education, sports and health learning in elementary schools has been carried out effectively and systematically. Suggestions for efforts to achieve the goals of Physical Education, Sports and Health in elementary schools must be adjusted to several elements such as learning objectives, student abilities, learning methods, learning materials, facilities and infrastructure available at school, learning activities and student comfort.

Keywords: Visibility, Learning Effectiveness, PJOK Learning