

## ABSTRAK

Angganatha, Anak Agung Ngurah Tember (2024), Pengaruh Model Pembelajaran terhadap Hasil Belajar Keterampilan Lari Jarak Pendek Ditinjau dari Kemampuan Motorik. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha

Tesis ini telah disetujui dan diperiksa oleh Pembimbing I: Prof. Dr. I Wayan Artanayasa, S.Pd, M.Pd, AIFO-FIT dan Pembimbing II: Dr. I Ketut Yoda, S.Pd, M.Or

Kata-kata kunci: *Problem Based Learning*, *Direct Instruction*, Kemampuan Motorik

Penelitian eksperimen ini bertujuan untuk mengkaji dan mendeskripsikan perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan model *direct instruction*, interaksi antara model pembelajaran dan kemampuan motorik peserta didik terhadap hasil belajar keterampilan lari jarak pendek, perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan model *direct instruction* pada peserta didik yang memiliki kemampuan motorik tinggi, perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan model *direct instruction* pada peserta didik yang memiliki kemampuan motorik rendah. Populasi penelitian ini berjumlah 307 orang. Metode pengambilan sampel dengan cara *simple random sampling* berjumlah 140 orang. Metode pengumpulan data menggunakan *barrow motor ability test* dan tes hasil belajar. Penelitian dilaksanakan selama dua belas kali pertemuan, dibagi tiga tahapan yaitu *pre-test*, *treatment* dan *post-test*. Pengujian hipotesis menggunakan uji *analisis varians factorial* (ANOVA) 2 arah. Kesimpulan penelitian ini adalah: (1) Terdapat perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan peserta didik yang mengikuti model *direct instruction*. (2) Terdapat interaksi antara model pembelajaran dan kemampuan motorik peserta didik terhadap hasil belajar keterampilan lari jarak pendek. (3) Terdapat perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan peserta didik yang mengikuti model *direct instruction* pada peserta didik yang memiliki kemampuan motorik tinggi. (4) Terdapat perbedaan hasil belajar keterampilan lari jarak pendek antara peserta didik yang mengikuti model *problem based learning* dan peserta didik yang mengikuti model *direct instruction* pada peserta didik yang memiliki kemampuan motorik rendah.

## **ABSTRACT**

*Anak Agung Ngurah Tember Angganatha (2024), The Effect of Learning Models on Learning Outcomes of Short Distance Running Skills in View of Motor Skills. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education*

*This thesis has been approved and examined by Supervisor I: Prof. Dr. I Wayan Artanayasa, S.Pd, M.Pd, AIFO-FIT and Supervisor II: Dr. I Ketut Yoda, S.Pd, M.Or*

*Key words: Problem Based Learning, Direct Instruction, Motor Skills.*

*This experimental research aims to examine and describe the differences in learning outcomes of short distance running skills between students who follow the problem-based learning model and direct instruction model, the interaction between learning models and students' motor abilities on learning outcomes of short distance running skills, differences in learning outcomes of short distance running skills between students who follow the problem-based learning model and direct instruction model in students who have high motor abilities, differences in learning outcomes of short distance running skills between students who follow the problem-based learning model and direct instruction model in students who have low motor abilities. The population of this study amounted to 307 people. The sampling method by means of simple random sampling amounted to 140 people. Data collection methods using the barrow motor ability test and learning outcomes test. The study was conducted for twelve meetings, divided into three stages, namely pre-test, treatment and post-test. Hypothesis testing uses a 2-way factorial analysis of variance (ANOVA) test. Translated with DeepL.com (free version)The conclusions of this study are: (1) There are differences in learning outcomes of short-distance running skills between students who follow the problem-based learning model and students who follow the direct instruction model. (2) There is an interaction between the learning model and the motor abilities of students on the learning outcomes of short distance running skills. (3) There are differences in learning outcomes of short distance running skills between students who follow the problem-based learning model and students who follow the direct instruction model for students who have high motor abilities. (4) There is a difference in learning outcomes of short-distance running skills between students who follow the problem-based learning model and students who follow the direct instruction model for students who have low motor abilities.*