

IMPLEMENTASI MODEL PEMBELAJARAN *PROBLEM BASED LEARNING* UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI BOLA BASKET PESERTA DIDIK KELAS X2 SMA NEGERI 9 DENPASAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui peningkatan hasil belajar (PJOK) melalui materi bola basket pada peserta didik Kelas X2 SMA Negeri 9 Denpasar dengan mengimplementasikan model pembelajaran *Problem Based Learning*. Penelitian ini merupakan jenis penelitian tindakan kelas. Subjek penelitian ini adalah peserta didik kelas X2 SMA Negeri 9 Denpasar, sedangkan objek penelitian adalah materi bola basket shooting dan passing dengan implementasi model pembelajaran *Problem Based Learning*. Data diambil dengan cara observasi tes terhadap gerakan teknik *passing*, teknik *shooting*, dengan format asesmen teknik *passing*, teknik *shooting*, pada aspek kognitif dan aspek psikomotor. Data dianalisis menggunakan analisis Statistik Deskriptif. Hasil penelitian menunjukkan bahwa implementasi model pembelajaran *Problem Based Learning* dapat meningkatkan hasil belajar (PJOK) melalui bola basket pada peserta didik Kelas X2 SMA Negeri 9 Denpasar Tahun Ajaran 2023/2024. Dapat dilihat pada siklus I dan siklus II persentase peningkatan hasil belajar PJOKnya menjadi cukup signifikan. Jadi hasil belajar PJOK siklus I jumlah peserta didik yang tuntas sebanyak 14 orang dan yang tidak tuntas sebanyak 22 orang. Sedangkan di siklus II jumlah peserta didik yang tuntas sebanyak 33 orang dan 3 orang mendapat nilai rata-rata atau cukup.

Kata Kunci: *Problem Based Learning*, Bola Basket , Hasil Belajar PJOK

**IMPLEMENTATION OF A PROBLEM-BASED LEARNING MODEL TO
IMPROVE THE LEARNING OUTCOMES OF PJOK BASKETBALL
MATERIAL FOR CLASS X2 STUDENTS OF PUBLIC HIGH SCHOOL 9
DENPASAR**

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ABSTRACT

This study aims to determine the improvement of learning outcomes (PJOK) through basketball material in X2 class students of SMA Negeri 9 Denpasar by implementing the Problem Based Learning learning model. This research is a type of class action research. The subject of this research is X2 class students of SMA Negeri 9 Denpasar, while the object of research is basketball shooting and passing material with the implementation of the Problem Based Learning learning model. Data was taken by means of test observations of passing technique movements, shooting techniques, with the format of passing technique assessments, shooting techniques, on cognitive aspects and psychomotor aspects. Data were analyzed using Descriptive Statistical analysis. The results showed that the implementation of the Problem Based Learning learning model can improve learning outcomes (PJOK) through basketball for X2 class students of SMA Negeri 9 Denpasar in the 2023/2024 academic year. It can be seen in cycle I and cycle II that the percentage increase in PJOK learning outcomes is quite significant. So the learning outcomes of PJOK cycle I the number of students who completed as many as 14 people and those who did not complete as many as 22 people. Whereas in cycle II the number of students who completed as many as 33 people and 3 people got an average or sufficient score.

Key Words: *Problem Based Learning, Basketball, Physical Education Learning Outcomes*