PENERAPAN MODEL *PROBLEM BASED LEARNING* UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI *PASSING* BAWAH BOLA VOLI PADA PESERTA DIDIK KELAS VIII-A SMP NEGERI 3 SINGARAJA TAHUN PELAJARAN 2023/2024

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ABSTRAK

Penelitian ini bertujuan untuk meningkatkan hasil belajar PJOK dengan materi *passing* bawah dalam permainan bola voli dengan model PBL pada peserta didik kelas VIII-A SMP Negeri 3 Singaraja. Jenis penelitian ini adalah penelitian tindakan kelas (PTK) atau *classroom action research*. Prosedur penelitian PTK langkah-langkah umum dalam melakukan analisis data dari PTK yaitu (1) Rencana tindakan, (2) Pelaksanaan tindakan, (3) Observasi/evaluasi, dan (4) Refleksi. Subyek penelitian ini 31 peserta didik di kelas VIII SMP N 3 Singaraja, terdiri dari 15 laki-laki dan 16 perempuan. Penelitian ini menggunakan 2 siklus dengan masing-masing siklus terdiri atas 2 (dua) kali pertemuan. Teknik pengumpulan data menggunakan tes kognitif, afektif dan psikomotor. Teknik analisis data meliputi Organisasi Data, Deskripsi Data, Analisis Kualitatif, Analisis Kuantitatif, dan Perbandingan Data. Hasil penelitian pada siklus I untuk aspek psikomotor ada 75% peserta didik yang tuntas, sedangkan 25% belum tuntas, aspek kognitif yang 75%, belum tuntas 25%, aspek afektif yang tuntas 86,5%, belum tuntas 13,5%. Sedangkan pada siklus II untuk aspek psikomotor yang tuntas 94% peserta didik, belum tuntas ada 6%, aspek kognitif yang tuntas 84%, belum tuntas 16%, aspek afektif ada 7,50% dengan afektif baik dan 92,50% dengan afektif baik. Sehingga dapat disimpulakan bahwa hasil penelitian tindakan kelas mengalami peningkatan hasil belajar bola voli *passing* menggunakan model *problem based learning* pada peserta didik kelas VIII-A SMP N 3 Singaraja tahun pelajaran 2024.

Kata kunci: Model *Problem Based Learning; Hasil Belajar; PJOK; Passing Bawah; bola voli*

APPLICATION OF PROBLEM BASED LEARNING MODEL TO IMPROVE LEARNING OUTCOMES OF PJOK ON THE MATERIAL OF UNDERWEAR PASSING IN VOLLEYBALL ON STUDENTS OF CLASS VIII-A OF SMP NEGERI 3 SINGARAJA IN THE 2023/2024 ACADEMIC YEAR

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ABSTRACT

This study aims to improve the learning outcomes of PJOK with the material of underhand passing in volleyball games with the PBL model for class VIII-A students of SMP Negeri 3 Singaraja. This type of research is classroom action research (CAR). The CAR research procedure is the general steps in analyzing data from CAR, namely (1) Action plan, (2) Implementation of action, (3) Observation/evaluation, and (4) Reflection. The subjects of this study were 31 students in class VIII of SMP N 3 Singaraja, consisting of 15 males and 16 females. This study used 2 cycles with each cycle consisting of 2 (two) meetings. Data collection techniques used cognitive, affective and psychomotor tests. Data analysis techniques include Data Organization, Data Description, Qualitative Analysis, Quantitative Analysis, and Data Comparison. The results of the study in cycle I for the psychomotor aspect were 75% of students who completed it, while 25% had not completed it, the cognitive aspect was 75%, had not completed 25%, the affective aspect was 86.5% completed, had not completed 13.5%. While in cycle II for the psychomotor aspect, 94% of students completed it, had not completed it, 6% had not completed it, the cognitive aspect was 84%, had not completed it, had not completed it, 16% had not completed it, the affective aspect was 7.50% with good affective and 92.50% with good affective. So it can be concluded that the results of classroom action research show an increase in volleyball passing learning outcomes using the problem based learning model for class VIII-A students of SMP N 3 Singaraja in the 2024 academic year.

Keyword: *Problem Based Learning Model; Learning Outcomes; PJOK; Underhand Passing; Volleyball.*