

ABSTRAK

Purnama, Made Nita (2025), *Pengaruh permainan tradisional dan motivasi belajar untuk meningkatkan hasil belajar kebugaran jasmani*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Tesis ini sudah disetujui dan diperiksa oleh Pembimbing I: Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P, dan Pembimbing II: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P.

Kata-kata kunci: hasil belajar, permainan tradisional, motivasi, kebugaran jasmani

Penelitian ini bertujuan untuk mengetahui perbedaan hasil belajar kebugaran jasmani antara peserta didik yang mengikuti permainan tradisional bentengan dan hadang, selain itu untuk mengetahui pengaruh interaksi antara permainan tradisional dan motivasi terhadap hasil belajar kebugaran jasmani, pada peserta didik yang memiliki motivasi tinggi dan rendah. Penelitian menggunakan *quasi-eksperiment* yang dirancang berdasarkan *treatment by level 2x2*. Perbandingan penelitian yang dilakukan di SD 1 Temukus ini melibatkan peserta didik kelas 4, 5 dan 6 yang dipilih secara acak dari populasi sebanyak 76 peserta didik.

Hasil penelitian ini menunjukkan bahwa: (1) adanya hasil belajar antara peserta didik yang mengikuti model permainan tradisional bentengan lebih baik dibandingkan dengan model permainan tradisional hadang ($F= 12,570$; $p\text{-value} < 0,05$); (2) terdapat interaksi antara model permainan tradisional dan motivasi belajar terhadap hasil belajar kebugaran jasmani ($F= 7,497$; $p\text{-value} < 0,05$); (3) hasil belajar peserta didik yang mengikuti model permainan tradisional bentengan lebih baik daripada peserta didik yang mengikuti model permainan tradisional hadang dengan motivasi belajar tinggi ($p\text{-value} < 0,05$); (4) hasil belajar peserta didik yang mengikuti model permainan tradisional bentengan lebih rendah daripada peserta didik yang mengikuti model permainan tradisional hadang dengan motivasi belajar rendah ($p\text{-value} < 0,05$). Kesimpulan penelitian ini yaitu permainan tradisional bentengan merupakan salah satu model permainan alternatif untuk meningkatkan hasil belajar kebugaran jasmani dengan mempertimbangkan motivasi belajar peserta didik.

ABSTRACT

Purnama, Made Nita (2025), *The influence of traditional games and learning motivation to improve physical fitness learning outcomes. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.*

This thesis has been corrected and examined by Supervisor I: Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P, and Supervisor II: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P.

Key words: learning outcomes, traditional games, motivation, physical fitness

This research aims to determine the differences in physical fitness learning outcomes between students who take part in the traditional games of Bentengan and Hadang, in addition to knowing the effect of the interaction between traditional games and motivation on physical fitness learning outcomes, for students who have high and low motivation. The research uses a quasi-experiment method designed based on treatment by level 2x2. This comparative research carried out at SD 1 Temukus involved students in grades 4, 5 and 6 who were randomly selected from a population of 76 students.

The results of this research show that: (1) the learning outcomes among students who follow the traditional Bentengan game model are better compared to the traditional Hadang game model ($F= 12.570$; $p\text{-value} < 0.05$); (2) there is an interaction between traditional game models and learning motivation on physical fitness learning outcomes ($F= 7.497$; $p\text{-value} < 0.05$); (3) the learning outcomes of students who follow the traditional game model of Bentengan are better than students who follow the traditional game model of Hadang with high learning motivation ($p\text{-value} < 0.05$); (4) the learning outcomes of students who follow the traditional game model of Bentengan are lower than students who follow the traditional game model of Hadang with low learning motivation ($p\text{-value} < 0.05$). The conclusion of this research is that the traditional game of Bentengan is an alternative game model for improving physical fitness learning outcomes by considering students' learning motivation.