

**PENGARUH MODEL *PROJECT BASED LEARNING* (PjBL) TERHADAP
PENINGKATAN HASIL BELAJAR PJOK MATERI TEKNIK DASAR
PASSING BOLA VOLI KELAS V SD NO. 10 JIMBARAN TAHUN
2024/2025**

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh model *Project Based Learning* terhadap peningkatan hasil belajar PJOK materi teknik dasar *passing* bola voli kelas V SD No.10 Jimbaran tahun 2024/2025. Jenis penelitian ini adalah eksperimen semu dengan rancangan *non-equivalent group design*. Populasi dari penelitian ini adalah siswa kelas V_A dan V_B SD No.10 Jimbaran sebanyak 54 siswa. Sampel diambil dengan teknik *simple random sampling* pola A-B-B-A. Sampel dalam penelitian ini dibagi menjadi 2 kelas, yaitu kelas eksperimen sebanyak 27 siswa dan kelas kontrol sebanyak 27 siswa. Data peningkatan hasil belajar PJOK dikumpulkan dengan instrumen tes pilihan ganda. Tes peningkatan hasil belajar PJOK diberikan pada saat *posttest* secara tertulis. Selanjutnya data dianalisis dengan menggunakan Uji Anakova. Hasil dari uji hipotesis diperoleh $F_{hitung} = 39,62 > F_{tabel} = 4,03$ dengan taraf signifikansi 5%, dk pembilang = 1 dan dk penyebut = 51. Hal ini berarti terdapat perbedaan yang signifikan hasil belajar PJOK antara kelompok siswa yang dibelajarkan melalui model *Project Based Learning* dengan kelompok siswa kelompok kontrol pada siswa kelas V SD No.10 Jimbaran Tahun 2024/2025. Rata-rata *posttest* kelompok eksperimen $X_1 = 71,66 > X_2 = 46,66$ rata-rata *posttest* peningkatan hasil belajar PJOK kelompok kontrol. Sehingga dapat disimpulkan bahwa terdapat perbedaan pengaruh model *Project Based Learning* terhadap peningkatan hasil belajar PJOK materi teknik dasar *passing* bola voli kelas V SD No.10 Jimbaran tahun 2024/2025. Berdasarkan hasil penelitian ini dapat dijadikan sebagai hasil kajian relevan bagi peneliti lain yang ingin mengkaji lebih dalam mengenai model *Project Based Learning* peningkatan hasil belajar PJOK.

Kata-kata kunci: *Project Based Learning*, hasil belajar, PJOK, bola voli

***THE EFFECT OF THE PROJECT BASED LEARNING (PjBL) MODEL ON
IMPROVING THE LEARNING OUTCOMES OF PJOK ON THE MATERIAL
OF BASIC VOLLEYBALL PASSING TECHNIQUES IN GRADE V OF
ELEMENTARY SCHOOL NO. 10 JIMBARAN IN THE YEAR 2024/2025***

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ABSTRACT

This study aims to determine the differences in the influence of the Project Based Learning model on improving the learning outcomes of Physical Education in the material of basic volleyball passing techniques for class V of SD No. 10 Jimbaran in the academic year of 2024/2025. This type of research is a quasi-experimental study with a non-equivalent group design. The population of this study were 54 students in class VA and VB of SD No. 10 Jimbaran. The sample was taken using the simple random sampling technique with the A-B-B-A pattern. The sample in this study was divided into 2 classes, namely the experimental class with 27 students and the control class with 27 students. Data on improving learning outcomes of Physical Education were collected using a multiple-choice test instrument. The test for improving learning outcomes of Physical Education was given during the posttest in writing. Furthermore, the data was analyzed using the Anacova Test. The results of the hypothesis test obtained $F_{count} = 39.62 > F_{table} = 4.03$ with a significance level of 5%, dk numerator = 1 and dk denominator = 51. This means that there is a significant difference in the results of learning PJOK between the group of students who are taught through the Project Based Learning model and the group of students in the control group in grade V students of SD No.10 Jimbaran in 2024/2025. The average posttest of the experimental group $X_1 = 71.66 > X_2 = 46.66$ average posttest increase in learning outcomes of the control group PJOK. So it can be concluded that there is a difference in the influence of the Project Based Learning model on improving learning outcomes of PJOK for the material on basic volleyball passing techniques for grade V SD No.10 Jimbaran in 2024/2025. Based on the results of this study, it can be used as a relevant study result for other researchers who want to study further regarding the Project Based Learning model to improve learning outcomes of PJOK.

Keywords: Project Based Learning, Learning Outcomes, PJOK, Volleybal