

**PENGARUH MODEL *PROJECT BASED BLENDED LEARNING* (PjBBL)
BERBANTUAN MULTIMEDIA INTERAKTIF BERBASIS *WEBSITE*
TERHADAP HASIL BELAJAR PJOK MATERI TENDANGAN PENCAK
SILAT PADA PESERTA DIDIK KELAS XI SMA NEGERI 1 SINGARAJA
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ABSTRAK

Pembelajaran PJOK pada materi pencak silat, khususnya teknik tendangan, masih menghadapi beberapa tantangan, seperti keterbatasan waktu pembelajaran, padatnya materi, serta jumlah peserta didik yang relatif banyak, sehingga hasil belajar belum optimal. Penelitian ini bertujuan untuk mengetahui pengaruh pendekatan model *Project Based Blended Learning* (PjBBL) yang didukung multimedia interaktif berbasis *website* terhadap hasil belajar teknik tendangan pencak silat pada peserta didik kelas XI SMA Negeri 1 Singaraja. Penelitian ini merupakan penelitian *Quasi Experiment* dengan desain *Non-Equivalent Control Group Design*. Sampel penelitian terdiri dari dua kelas, yaitu kelas eksperimen yang menerapkan model PjBBL yang didukung multimedia interaktif berbasis *website* dan kelas kontrol yang menggunakan model pembelajaran langsung berbantuan media digital. Pengumpulan data dilakukan melalui *pretest* dan *posttest* pada aspek kognitif dan psikomotor, kemudian dianalisis menggunakan statistik deskriptif dan inferensial dengan perhitungan *normalized gain score*. Hasil penelitian menunjukkan adanya perbedaan hasil belajar antara kedua kelompok. Rata-rata *gain score* ternormalisasi pada kelompok eksperimen sebesar 0,5771 (SD = 0,08591), lebih tinggi dibandingkan kelompok kontrol sebesar 0,4567 (SD = 0,07720). Hasil uji *t* independen menunjukkan terdapat perbedaan pengaruh antara kedua kelompok dengan nilai $t = 6,219$ dan $p < 0,001$. Dengan demikian, dapat disimpulkan bahwa penerapan model PjBBL yang didukung multimedia interaktif berbasis *website* berpengaruh dalam meningkatkan hasil belajar teknik tendangan pencak silat.

Kata kunci: *Project Based Blended Learning*, multimedia interaktif berbasis *website*, hasil belajar, teknik tendangan, pencak silat.

***THE EFFECT OF THE WEB-BASED INTERACTIVE MULTIMEDIA-
ASSISTED PROJECT BASED BLENDED LEARNING (PjBBL) MODEL
ON THE LEARNING OUTCOMES OF PENCAK SILAT KICK MATERIAL
PJOK IN CLASS XI STUDENTS OF SMA NEGERI 1 SINGARAJA FOR
THE 2025/2026 ACADEMIC YEAR***

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ABSTRACT

PJOK learning on pencak silat material, particularly kicking techniques, still faces several challenges, such as limited learning time, dense material, and a relatively large number of students, resulting in suboptimal learning outcomes. This study aims to determine the effect of the Project Based Blended Learning (PjBBL) model approach supported by web-based interactive multimedia on the learning outcomes of pencak silat kicking techniques in 11th grade students at SMA Negeri 1 Singaraja. This research is a Quasi-Experimental study with a Non-Equivalent Control Group Design. The research sample consisted of two classes: the experimental class applying the PjBBL model supported by web-based interactive multimedia, and the control class using direct learning assisted by digital media. Data collection was conducted through pretests and posttests on cognitive and psychomotor aspects, and then analyzed using descriptive and inferential statistics with normalized gain score calculations. The results of the study showed a difference in learning outcomes between the two groups. The average normalized gain score in the experimental group was 0.5771 (SD = 0.08591), higher than the control group at 0.4567 (SD = 0.07720). The independent t-test results indicated a difference in the effects between the two groups with a t-value of 6.219 and $p < 0.001$. Thus, it can be concluded that the implementation of the PjBBL model supported by website-based interactive multimedia influences the improvement of learning outcomes in pencak silat kicking techniques.

Keywords: *Project Based Blended Learning, website-based interactive multimedia, learning outcomes, kicking techniques, pencak silat.*