

# **PENGARUH MODEL *PROJECT BASED BLENDED LEARNING* (PjBBL) BERBANTUAN MULTIMEDIA INTERAKTIF BERBASIS *WEBSITE* TERHADAP HASIL BELAJAR PJOK MATERI TANGKISAN PENCAK SILAT PADA PESERTA DIDIK KELAS XI SMA NEGERI 3 SINGARAJA TAHUN PELAJARAN 2025/2026**

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## **ABSTRAK**

Dalam pembelajaran PJOK, khususnya dalam pencak silat bagian teknik tangkisan, masih ditemui sejumlah kendala, antara lain keterbatasan alokasi waktu serta banyaknya materi yang harus dipelajari. Berdasarkan kondisi tersebut, riset ini bermaksud guna mengkaji sejauh mana pengimplementasian *Project Based Blended Learning* (PjBBL) yang dipadukan dengan penggunaan multimedia interaktif berbasis website bisa memengaruhi hasil belajar murid kelas XI di SMA Negeri 3 Singaraja pada teknik tangkisan pencak silat. Riset ini yakni *quasi eksperimen* dengan desain *Non-Equivalent Control Group Design*. Sampel penelitian terdiri atas dua kelas, yakni kelompok eksperimen yang menerapkan model PjBBL berbantuan multimedia interaktif berbasis *website* dan kelompok kontrol yang memanfaatkan pendekatan belajar langsung berbantuan media digital. Data dikumpulkan melalui *pretest* dan *posttest* pada aspek kognitif dan psikomotor, kemudian dianalisis memanfaatkan uji statistik deskriptif. Luaran dari riset menampilkan bahwa ada pengaruh pendekatan PjBBL terhadap hasil belajar siswa yang dibuktikan dari hasil uji *independent sample t-test* menunjukkan *mean difference* senilai 0,27763 atau 28%, dengan sig.  $p = <0,001$  ( $p < 0,05$ ). Hasil pengimplementasian pendekatan PjBBL juga memberikan kenaikan hasil belajar yang lebih baik, hal ini didasari dari hasil rata rata *posttest* kelompok eksperimen 86,39 lebih besar dari kelompok kontrol 72,94. Mengacu pada temuan tersebut, dapat disimpulkan bahwa pengimplementasian *Project Based Blended Learning* berbantuan multimedia interaktif berbasis *website* berpengaruh secara signifikan dalam menaikkan hasil belajar PJOK pada materi tangkisan pencak silat dibandingkan dengan pembelajaran langsung berbantuan media digital.

**Kata kunci:** *Project Based Blended Learning*, teknik tangkisan, pencak silat, PJOK, multimedia interaktif, hasil belajar

**THE EFFECT OF THE PROJECT BASED BLENDED  
LEARNING (PjBBL) MODEL ASSISTED BY  
INTERACTIVE MULTIMEDIA BASED ON THE  
LEARNING OUTCOMES OF PJOK PENCAK SILAT  
PARRYING MATERIAL IN CLASS XI STUDENTS OF  
SMA NEGERI 3 SINGARAJA FOR THE 2025/2026  
ACADEMIC YEAR**

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**ABSTRACT**

*In PJOK learning, especially in pencak silat in the parrying technique, there are still a number of obstacles, including limited time allocation and the amount of material that must be learned. Based on these conditions, this research intends to examine the extent to which the implementation of Project Based Blended Learning (PjBBL) combined with the use of web-based interactive multimedia can affect the learning outcomes of grade XI students at SMA Negeri 3 Singaraja in pencak silat fending techniques. This research is a quasi-experiment with the Non-Equivalent Control Group Design. The research sample consisted of two classes, namely the experimental group that applied the PjBBL model assisted by interactive multimedia based on the website and the control group that utilized the direct learning approach assisted by digital media. Data was collected through pretest and posttest on cognitive and psychomotor aspects, then analyzed using descriptive statistical tests. The results of the research show that there is an influence of the PjBBL approach on student learning outcomes as evidenced by the results of the independent sample t-test showing a mean difference of 0.27763 or 28%, with sig.  $p = <0.001$  ( $p < 0.05$ ). The results of the implementation of the PjBBL approach also provide a better increase in learning outcomes, this is based on the average results of the posttest. The experimental group of 86.39 was larger than the control group of 72.94. Referring to these findings, it can be concluded that the implementation of Project Based Blended Learning assisted by web-based interactive multimedia has a significant effect on increasing PJOK learning outcomes on pencak silat parry materials compared to direct learning assisted by digital media.*

**Keywords:** *Project Based Blended Learning, fending technique, pencak silat, PJOK, interactive multimedia, learning outcomes*