

**PENGARUH MODEL PEMBELAJARAN *PROBLEM BASED LEARNING*
(PBL) BERBANTUAN MEDIA ICT TPACK TERHADAP HASIL BELAJAR
PJOK MATERI *ROLL* SENAM LANTAI PESERTA DIDIK KELAS VIII
SMP NEGERI 1 SINGARAJA**

Oleh

Ni Komang Kristina Dewi, NIM 2216011005

Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi

E-mail: kristina.dewi@student.undiksha.ac.id

ABSTRAK

Penelitian ini bertujuan mengetahui pengaruh model pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK terhadap hasil belajar PJOK materi roll senam lantai peserta didik kelas VIII SMP Negeri 1 Singaraja. Penelitian eksperimen semu (*quasi experiment*) ini menggunakan desain *posttest only control group design*. Populasi penelitian adalah peserta didik kelas VIII SMP Negeri 1 Singaraja berjumlah 378 orang Sampel penelitian berjumlah 74 orang peserta didik, diperoleh dengan teknik *simple random sampling* berbasis kelas. Instrumen penelitian menggunakan pilihan ganda untuk ranah kognitif dan unjuk kerja *roll* depan dan *roll* belakang untuk ranah psikomotor. Analisis data dilakukan melalui uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji *independent sample t-test* pada taraf signifikansi 0,05. Hasil penelitian menunjukkan data berdistribusi normal dan homogen. Hasil uji t diperoleh nilai signifikansi $0,00 < 0,05$. Berdasarkan hasil analisis data dan pembahasan, kesimpulan penelitian ini adalah model pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK berpengaruh signifikan terhadap hasil belajar PJOK materi *roll* senam lantai peserta didik kelas VIII SMP Negeri 1 Singaraja. Disarankan kepada guru PJOK SMP dapat menggunakan Model pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK pada materi *roll* senam lantai.

Kata Kunci : PBL, ICT TPACK, PJOK, senam lantai, hasil belajar.

**THE EFFECT OF PROBLEM-BASED LEARNING (PBL)
MODEL ASSISTED BY ICT TPACK MEDIA ON PE STUDY
RESULTS IN FLOOR EXERCISE *ROLL* MATERIAL
FOR EIGHTH GRADE STUDENTS AT
SMP NEGERI 1 SINGARAJA**

By

Ni Komang Kristina Dewi, NIM 2216011005
Physical Education, Health and Recreation Study Program

ABSTRACT

E-mail: kristina.dewi@student.undiksha.ac.id

This study aims to determine the effect of the Problem Based Learning (PBL) model assisted by ICT TPACK media on the learning outcomes of Physical Education, Sports, and Health (PJOK) in floor gymnastics roll materials for eighth-grade students at SMP Negeri 1 Singaraja. This quasi-experimental research used a posttest-only control group design. The research population consisted of eighth-grade students at SMP Negeri 1 Singaraja totaling 378 people. The research sample consisted of 74 students, obtained using a class-based simple random sampling technique. The research instruments used multiple-choice questions for the cognitive domain and performance assessments of front rolls and back rolls for the psychomotor domain. Data analysis was conducted through normality tests, homogeneity tests, and hypothesis testing using an independent sample t-test at a significance level of 0.05. The results of the study showed that the data were normally distributed and homogeneous. The t-test results obtained a significance value of $0.00 < 0.05$. Based on the results of data analysis and discussion, the conclusion of this study is that the Problem Based Learning (PBL) model assisted by ICT TPACK media has a significant effect on the learning outcomes of Physical Education, Sports, and Health (PJOK) material on floor roll gymnastics for eighth-grade students at SMP Negeri 1 Singaraja. It is recommended that PJOK teachers in junior high schools use the Problem Based Learning (PBL) model assisted by ICT TPACK media for floor roll gymnastics material.

Keywords: PBL, ICT TPACK, PJOK, floor gymnastics, learning outcomes.