

**PENGARUH MODEL PEMBELAJARAN PBL BERBANTUAN  
MEDIA ICT TPACK TERHADAP HASIL BELAJAR PJOK  
MATERI LOMPAT JAUH PESERTA DIDIK KELAS X  
SMK NEGERI 1 SINGARAJA**

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**ABSTRAK**

Penelitian ini bertujuan mengetahui pengaruh model pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK terhadap hasil belajar PJOK lompat jauh peserta didik kelas X SMK Negeri 1 Singaraja. Penelitian eksperimen semu (quasi experiment) ini menggunakan desain *posttest only control group design*. Populasi penelitian adalah peserta didik kelas X SMK Negeri 1 Singaraja berjumlah 463, Sampel penelitian berjumlah 74 orang peserta didik, diperoleh dengan teknik *simple random sampling* berbasis kelas. Instrumen penelitian menggunakan soal esai untuk ranah kognitif dan unjuk kerja lompat jauh 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 uji t diperoleh nilai signifikansi  $0,00 < 0,05$ . Berdasarkan hasil analisis data dan pembahasan, terdapatnya perbedaan hasil belajar dari kelas eksperimen dan kelas kontrol dengan rata-rata nilai hasil belajar kelas eksperimen 89,70 dan kelas kontrol 73,62. Kesimpulan penelitian ini adalah model pembelajaran Problem Based Learning (PBL) berbantuan media ICT TPACK berpengaruh signifikan terhadap hasil belajar PJOK materi lompat jauh peserta didik kelas X SMK Negeri 1 Singaraja. Disarankan kepada guru PJOK SMK dapat menggunakan Model pembelajaran Problem Based Learning (PBL) berbantuan media ICT TPACK pada materi lompat jauh.

**Kata Kunci : PBL, ICT TPACK, PJOK, Lompat Jauh, Hasil Belajar**

***THE EFFECT OF THE ICT-TPACK ASSISTED PBL MODEL ON STUDENTS'  
LEARNING OUTCOMES IN PHYSICAL EDUCATION PJOK LONG JUMP  
MATERIAL AMONG GRADE X STUDENTS OF  
SMK NEGERI 1 SINGARAJA***

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**ABSTRAC**

*This study aims to determine the effect of the Problem Based Learning (PBL) learning model assisted by ICT TPACK media on the learning outcomes of long jump physical education (PJOK) of class X students of SMK Negeri 1 Singaraja. This quasi-experimental study used a posttest only control group design. The study population was 463 class X students of SMK Negeri 1 Singaraja. The research sample consisted of 74 students, obtained by class-based simple random sampling technique. The research instrument used essay questions for the cognitive domain and long jump performance for the psychomotor domain. Data analysis was carried out through normality tests, homogeneity tests, and hypothesis tests using independent sample t-tests at a significance level of 0.05. The t-test results obtained a significance value of  $0.00 < 0.05$ . Based on the results of data analysis and discussion, there were differences in learning outcomes between the experimental class and the control class with an average value of 89.70 for the experimental class and 73.62 for the control class. The conclusion of this study is that the Problem Based Learning (PBL) learning model assisted by ICT TPACK media has a significant effect on the learning outcomes of PJOK for long jump material for class X students of SMK Negeri 1 Singaraja. It is recommended that SMK PJOK teachers can use the Problem Based Learning (PBL) learning model assisted by ICT TPACK media for long jump material..*

***Keywords: PBL, ICT-TPACK, PJOK, Long Jump, Learning Outcomes***