

PENGARUH MODEL PEMBELAJARAN *PROBLEM BASED LEARNING* (PBL) BERBANTUAN MEDIA ICT TPACK TERHADAP HASIL BELAJAR PJOK MATERI TOLAK PELURU PESERTA DIDIK KELAS VIII SMP NEGERI 7 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 materi tolak peluru pada peserta didik kelas VIII SMP Negeri 7 Singaraja. Penelitian ini menggunakan rancangan eksperimen semu dengan desain *posttest only group design*. Populasi penelitian adalah peserta didik kelas VIII. Sampel berjumlah 50 peserta didik diperoleh menggunakan teknik *simple random sampling* berbasis kelas. Kelompok eksperimen diberikan perlakuan berupa pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK, sedangkan kelompok kontrol menggunakan model pembelajaran secara langsung dari guru. Data hasil belajar dikumpulkan melalui tes pilihan ganda untuk ranah kognitif dan unjuk kerja tolak peluru untuk ranah psikomotor pada akhir perlakuan (*posttest*). Hasil dari uji hipotesis yaitu nilai sig. $0,00 < 0,05$ yang berarti terdapat perbedaan signifikan antara kelompok eksperimen dan kelompok kontrol. Rata-rata hasil belajar peserta didik pada kelompok eksperimen 85,04 lebih tinggi dibandingkan kelompok kontrol 68,76. Dengan demikian, dapat disimpulkan bahwa model pembelajaran *Problem Based Learning* (PBL) berbantuan media ICT TPACK berpengaruh signifikan terhadap hasil belajar PJOK materi tolak peluru. Model ini direkomendasikan sebagai alternatif inovatif bagi guru PJOK dalam pembelajaran materi tolak peluru untuk menciptakan proses belajar yang lebih aktif, kolaboratif, dan efektif.

Kata Kunci : PBL, ICT TPACK, PJOK, Tolak Peluru, Hasil Belajar

**THE EFFECT OF THE PROBLEM-BASED LEARNING (PBL) MODEL
USING ICT TPACK MEDIA ON THE LEARNING OUTCOMES
OF SHOOT PUTTING IN GRADE VIII STUDENTS
OF SMP NEGERI 7 SINGARAJA**

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ABSTRACT

This study aims to determine the effect of the Problem Based Learning (PBL) model assisted by ICT TPACK media on PJOK learning outcomes in the shot put material for eighth-grade students at SMP Negeri 7 Singaraja. This research employed a quasi-experimental design with a posttest-only group design. The population consisted of eighth-grade students, with a sample of 50 students selected using class-based simple random sampling. The experimental group received treatment through PBL assisted by ICT TPACK, while the control group used direct instruction from the teacher. Learning outcomes were measured using a multiple-choice test for the cognitive domain and a shot put performance test for the psychomotor domain at the end of the treatment (posttest). The hypothesis test results showed a significance value of $0.00 < 0.05$, indicating a significant difference between the experimental and control groups. The average learning outcome of the experimental group (85.04) was higher than that of the control group (68.76). Thus, it can be concluded that the PBL model assisted by ICT TPACK has a significant effect on PJOK learning outcomes in shot put material. This model is recommended as an innovative alternative for PJOK teachers to create a more active, collaborative, and effective learning process.

Keywords: PBL, ICT TPACK, PJOK, Shot Put, Learning Outcomes