

ABSTRAK

Komang Agus Ariyana (2026), *Pengaruh Model Pembelajaran PBL dan PJBL Berbantuan Video Terhadap Hasil Belajar Tolak Peluru Ditinjau Dari Power otot lengan Peserta Didik SMP*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata-kata kunci: *Problem Based Learning, Project Based Learning*, power otot, hasil belajar

Penelitian ini bertujuan untuk menganalisis pengaruh model pembelajaran *Problem Based Learning* (PBL) dan *Project Based Learning* (PjBL) berbantuan video terhadap hasil belajar tolak peluru ditinjau dari power otot lengan peserta didik SMP. Penelitian ini menggunakan desain eksperimen semu dengan rancangan *treatment by level 2×2*. Sampel penelitian berjumlah 80 peserta didik, yang menggunakan teknik *group random sampling*. Data yang dikumpulkan meliputi power otot lengan dan hasil belajar keterampilan tolak peluru, yang dianalisis menggunakan uji ANAVA dua jalur dan dilanjutkan dengan uji Tukey HSD. Hasil penelitian menunjukkan bahwa terdapat perbedaan signifikan antara model pembelajaran PBL dan PjBL terhadap hasil belajar ($p < 0,05$), serta terdapat interaksi signifikan antara model pembelajaran dan power otot lengan ($p < 0,05$). Peserta didik dengan power otot lengan tinggi lebih efektif menggunakan model PBL, sedangkan peserta didik dengan power otot lengan rendah lebih efektif menggunakan model PjBL. Implikasi penelitian ini menunjukkan bahwa pemilihan model pembelajaran perlu disesuaikan dengan karakteristik fisik peserta didik untuk meningkatkan efektivitas pembelajaran PJOK.

ABSTRACT

Komang Agus Ariyana (2026), *The Effect of Problem Based Learning (PBL) and Project Based Learning (PjBL) Models Assisted by Instructional Video on Shot Put Learning Outcomes in Terms of Arm Muscle Power of Junior High School Students*. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.

This thesis has been reviewed and approved by the Main Supervisor: Dr. Made Agus Wijaya, S.Pd., M.Pd. and Co-Supervisor: Dr. Kadek Yogi Parta Lesmana, S.Pd., M.Pd., AIFO-P.

Keywords: *Problem Based Learning, Project Based Learning, muscle power, learning outcomes*

This study aims to analyze the effect of Problem-Based Learning (PBL) and Project-Based Learning (PjBL) models assisted by video on shot put learning outcomes, viewed from the arm muscle power of junior high school students. This study employed a quasi-experimental design with a 2×2 treatment by level design. The sample consisted of 80 students selected using cluster random sampling techniques. The data collected included arm muscle power and shot put skill learning outcomes, which were analyzed using a two-way ANOVA test followed by the Tukey HSD test. The results showed that there was a significant difference between the PBL and PjBL learning models on learning outcomes ($p < 0.05$), and there was also a significant interaction between the learning model and arm muscle power ($p < 0.05$). Students with high arm muscle power were more effective when using the PBL model, while students with low arm muscle power were more effective when using the PjBL model. The implications of this study indicate that the selection of learning models should be adjusted to the physical characteristics of students to enhance the effectiveness of physical education learning.