

**IMPLEMENTASI MODEL PEMBELAJARAN *GAME-BASED LEARNING*
(GBL) UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI
ATLETIK (LARI JARAK PENDEK) PADA PESERTA DIDIK KELAS X-5
DI SMAN 1 SINGARAJA TAHUN PELAJARAN 2025/2026**

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ABSTRAK

Penelitian ini dilaksanakan karena hasil belajar peserta didik pada materi lari jarak pendek di kelas X-5 SMAN 1 Singaraja masih tergolong rendah. Berdasarkan hasil observasi awal, tingkat ketuntasan belajar peserta didik belum mencapai hasil yang diharapkan. Penelitian ini bertujuan untuk meningkatkan hasil belajar peserta didik pada aspek kognitif, afektif, dan psikomotor melalui penerapan model pembelajaran GBL. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang mengacu pada model Kemmis dan McTaggart serta dilaksanakan dalam dua siklus. Setiap siklus terdiri atas tahapan perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian adalah peserta didik kelas X-5 SMAN 1 Singaraja Tahun Pelajaran 2025/2026. Teknik pengumpulan data dilakukan menggunakan tes hasil belajar, lembar observasi aspek afektif, dan lembar observasi aspek psikomotor. Data dianalisis secara deskriptif kuantitatif dengan menggunakan perhitungan nilai rata-rata dan persentase ketuntasan belajar secara klasikal. Temuan penelitian menunjukkan bahwa penerapan model GBL mampu meningkatkan hasil belajar peserta didik. Pada Siklus I, nilai rata-rata hasil belajar mencapai 70,49 dengan persentase ketuntasan klasikal sebesar 44,12%. Setelah dilakukan perbaikan pembelajaran pada Siklus II, rata-rata hasil belajar meningkat menjadi 86,37 dengan ketuntasan klasikal mencapai 100%. Dengan demikian, terjadi peningkatan rata-rata hasil belajar sebesar 15,88 poin serta peningkatan ketuntasan klasikal sebesar 55,88%. Berdasarkan hasil tersebut, dapat disimpulkan bahwa penerapan model GBL efektif dalam meningkatkan hasil belajar peserta didik pada materi lari jarak pendek di kelas X-5 SMAN 1 Singaraja.

Kata Kunci: GBL, hasil belajar, lari jarak pendek.

**IMPLEMENTATION OF A GAME-BASED LEARNING (GBL) LEARNING
MODEL TO IMPROVE LEARNING OUTCOMES ON ATHLETIC
MATERIALS (SHORT DISTANCE RUNNING) IN CLASS X-5 STUDENTS
AT SMAN 1 SINGARAJA IN ACADEMIC YEAR 2025/2026**

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ABSTRACT

This study was conducted due to the low learning outcomes of students in the short-distance running material in Class X-5 of SMAN 1 Singaraja. Preliminary observations revealed that students' learning mastery had not yet reached the expected standard. Therefore, this study aimed to improve students' cognitive, affective, and psychomotor learning outcomes through the implementation of the GBL model. This research employed a Classroom Action Research (CAR) design based on the model developed by Kemmis and McTaggart and was carried out in two cycles. Each cycle consisted of four stages: planning, action, observation, and reflection. The participants were students of Class X-5 at SMAN 1 Singaraja in the 2025/2026 academic year. Data were collected through learning achievement tests, affective observation sheets, and psychomotor observation sheets. The data were analyzed using descriptive quantitative techniques by calculating the mean scores and the percentage of classical learning mastery. The findings indicated that the implementation of the GBL model successfully improved students' learning outcomes. In Cycle I, the average learning outcome score was 70.49, with a classical mastery percentage of 44.12%. After improvements were made in Cycle II, the average score increased to 86.37, while the classical mastery percentage reached 100%. These results demonstrate an increase of 15.88 points in the average learning outcome score and an improvement of 55.88% in classical learning mastery. Based on these findings, it can be concluded that the implementation of the GBL model is effective in improving students' learning outcomes in short-distance running material for Class X-5 students at SMAN 1 Singaraja.

Key Words: *GBL, learning outcomes, short-distance running.*