

**PENGEMBANGAN MEDIA PEMBELAJARAN GERAK DASAR TANGAN
DENGAN KOMBINASI LANGKAH KAKI BERBASIS VIDEO TUTORIAL
PADA MATA KULIAH TP. PEMBELAJARAN SENAM IRAMA DAN
KEBUGARAN UNTUK MAHASISWA PRODI PENJASKESREK
FAKULTAS OLAHRAGA DAN KESEHATAN UNIVERSITAS
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ABSTRAK

Penelitian ini bertujuan untuk mengembangkan media pembelajaran berbasis video tutorial pada materi gerak dasar tangan dengan kombinasi langkah kaki dalam mata kuliah TP. Pembelajaran Senam Irama dan Kebugaran bagi mahasiswa Prodi Penjaskesrek, Fakultas Olahraga dan Kesehatan, Universitas Pendidikan Ganesha. Penelitian ini menggunakan metode Research and Development (R&D) dengan model pengembangan ADDIE yang terdiri dari tahap (1) analisis, (2) perancangan, (3) pengembangan, (4) implementasi, dan (5) evaluasi. Validasi produk dalam penelitian ini melibatkan ahli isi/materi, ahli desain, ahli media pembelajaran, ahli praktisi lapangan. Dalam subjek penelitian uji coba produk ini juga dilaksanakan oleh mahasiswa program studi Pendidikan jasmani kesehatan dan rekreasi dari uji coba perorangan, uji coba kelompok kecil, uji coba kelompok besar mahasiswa semester 4 kelas D tahun ajar 2026. Pengumpulan data yang digunakan peneliti dalam penelitian ini yaitu berupa kuesioner dengan instrumen yang dibentuk dalam skor skala *likert*. Analisis data menggunakan analisis deskriptif kualitatif dan kuantitatif. Berdasarkan hasil penelitian menunjukkan bahwa dari uji ahli isi/materi memperoleh persentase 97%, uji ahli desain memperoleh persentase 97%, uji ahli media pembelajaran memperoleh persentase 100%, uji ahli praktisi lapangan memperoleh persentase 90%, uji coba perorangan memperoleh skor 96%, uji coba kelompok kecil memperoleh skor 96%, uji coba kelompok besar memperoleh 94,64, dari persentase seluruh ahli dan uji coba mendapat kualifikasi sangat baik. Diperoleh kesimpulan bahwa rancang bangun media pembelajaran gerak dasar tangan dengan kombinasi langkah kaki berbasis video tutorial ini dinyatakan sangat sangat relevan, valid, dan layak digunakan sebagai media pembelajaran dalam proses perkuliahan. Disarankan kepada Mahasiswa dan Dosen menggunakan media ini, karena dinyatakan efektif dan layak digunakan.

Kata Kunci: media pembelajaran, video tutorial, senam irama, ADDIE.

**DEVELOPMENT OF BASIC HAND MOVEMENT LEARNING MEDIA
WITH A COMBINATION OF FOOTSTEPS BASED ON VIDEO
TUTORIALS IN TP COURSES. LEARNING RHYTHM AND FITNESS
GYMNASTICS FOR STUDENTS OF THE PENJASKESREK STUDY
PROGRAM, FACULTY OF SPORTS AND HEALTH, GANESHA
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ABSTRACT

This research aims to develop a tutorial video-based learning media on basic hand movement materials with a combination of steps in the TP course. Learning Rhythm and Fitness Gymnastics for students of the Penjaskesrek Study Program, Faculty of Sports and Health, Ganesha University of Education. This research uses the Research and Development (R&D) method with the ADDIE development model which consists of (1) analysis, (2) design, (3) development, (4) implementation, and (5) evaluation. Product validation in this study involves content/material experts, design experts, learning media experts, and field practitioner experts. In the subject of research, this product is also carried out by students of the Physical Education study program, health and recreation from individual trials, small group trials, and large group trials of 4th semester students class D for the 2026 academic year. The data collection used by the researcher in this study is in the form of a questionnaire with instruments formed on the *score likert scale*. Data analysis uses qualitative and quantitative descriptive analysis. Based on the results of the study, it shows that from the content/material expert test obtained a percentage of 97%, the design expert test obtained a percentage of 97%, the learning media expert test obtained a percentage of 100%, the field practitioner expert test obtained a percentage of 90%, the individual trial obtained a score of 96%, the small group trial obtained a score of 96%, the large group trial obtained 94.64, from the percentage of all experts and the trial received very good qualifications. It was concluded that the design of the basic hand movement learning media with a combination of footsteps based on this tutorial video was stated to be very relevant, valid, and suitable for use as a learning medium in the lecture process. It is recommended to students and lecturers to use this media, because it is declared effective and suitable for use.

Keywords: learning media, tutorial videos, rhythmic gymnastics, ADDIE.