

IMPLEMENTASI MODEL PEMBELAJARAN *PROBLEM BASED LEARNING* UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI BOLA VOLI PADA KELAS X-1 DI SMA NEGERI 2 SINGARAJA TAHUN AJARAN 2025/2026

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ABSTRAK

Penelitian ini memiliki tujuan untuk meningkatkan hasil pembelajaran PJOK mengenai teknik dasar passing bawah dalam permainan bola voli dengan menerapkan model pembelajaran *Problem Based Learning* (PBL) di kalangan siswa kelas X-1 SMA Negeri 2 Singaraja pada Tahun Ajaran 2025/2026. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus, yang masing-masing mencakup tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian terdiri dari 36 siswa. Data diperoleh melalui penilaian terhadap aspek sikap, pengetahuan, dan keterampilan, kemudian dianalisis dengan menggunakan teknik deskriptif kuantitatif. Hasil penelitian mengindikasikan bahwa penerapan model pembelajaran *Problem Based Learning* dapat meningkatkan hasil belajar siswa. Pada siklus I, rata-rata ketuntasan hasil belajar mencapai 45,67% dan tergolong dalam kategori sangat kurang, sedangkan pada siklus II meningkat menjadi 100% dengan kategori sangat baik. Kenaikan tersebut menunjukkan bahwa model pembelajaran *problem Based Learning* dapat meningkatkan hasil belajar PJOK materi teknik dasar passing bawah bola voli pada peserta didik kelas X-1 SMA Negeri 2 Singaraja Tahun Ajaran 2025/2026.

Kata kunci: *Problem Based Learning*, hasil belajar, PJOK, bola voli, passing bawah, penelitian tindakan kelas.

**IMPLEMENTATION OF THE PROBLEM-BASED LEARNING MODEL TO
IMPROVE LEARNING OUTCOMES IN VOLLEYBALL IN GRADE XI
STUDENTS AT SMA Negeri 2 Singaraja IN THE 2025/2026 ACADEMIC
YEAR**

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ABSTRACT

This study aims to improve learning outcomes in Physical Education (PJOK) regarding the basic technique of underhand passing in volleyball by implementing the Problem-Based Learning (PBL) model among grade XI students of SMA Negeri 2 Singaraja in the 2025/2026 academic year. This study is a Classroom Action Research (CAR) conducted in two cycles, each of which includes planning, implementation, observation, and reflection. The research subjects consisted of 36 students. Data were obtained through assessments of attitudes, knowledge, and skills, then analyzed using quantitative descriptive techniques. The results indicated that the application of the Problem-Based Learning model can improve student learning outcomes. In the first cycle, the average completion rate of learning outcomes reached 45.67%, categorized as very poor. While in the second cycle, this increased to 100%, categorized as very good. This increase indicates that the Problem-Based Learning model can improve Physical Education (PJOK) learning outcomes in the basic volleyball underhand passing technique for grade X-1 students at SMA Negeri 2 Singaraja in the 2025/2026 academic year.

Keywords: Problem-Based Learning, learning outcomes, PJOK, volleyball, underhand passing, classroom action research.