

ABSTRAK

Mahardika, I Putu Adi (2026), *Pengembangan Media Pembelajaran Sepak Takraw Berbasis Multimedia Interaktif dengan Adobe Animate pada Mahasiswa Program Studi Penjaskesrek Universitas Pendidikan Ganesha*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata-kata kunci: multimedia interaktif, Adobe Animate, media pembelajaran, sepak takraw, ADDIE, Quasi Eksperimen.

Penelitian ini bertujuan untuk mendeskripsikan validitas, kepraktisan, dan efektivitas media pembelajaran sepak takraw berbasis multimedia interaktif dengan Adobe Animate pada mahasiswa Program Studi Penjaskesrek Universitas Pendidikan Ganesha. Penelitian ini merupakan penelitian dan pengembangan (*Research and Development*) yang menggunakan model ADDIE yang meliputi tahap analisis, desain, pengembangan, implementasi, dan evaluasi. Subjek penelitian terdiri atas dua ahli isi, dua ahli media, 15 mahasiswa pada uji kelompok kecil, 24 mahasiswa pada uji kelompok besar, serta mahasiswa kelas eksperimen dan kelas kontrol pada tahap uji efektivitas menggunakan desain *Nonequivalent Control Group Design*. Data dikumpulkan melalui angket validitas, angket kepraktisan, tes hasil belajar aspek kognitif, dan lembar observasi aspek psikomotor. Analisis data dilakukan menggunakan analisis validitas isi Gregory, analisis deskriptif, uji normalitas, uji homogenitas, uji *Independent Sample t-Test*, dan analisis *Normalized Gain* (N-Gain). Hasil penelitian menunjukkan bahwa media pembelajaran yang dikembangkan memenuhi kriteria sangat valid berdasarkan penilaian ahli, praktis digunakan dalam pembelajaran dengan rata-rata penilaian kepraktisan sebesar 4,7 (kategori tinggi), serta efektif meningkatkan hasil belajar mahasiswa. Efektivitas media ditunjukkan oleh adanya perbedaan yang signifikan antara kelas eksperimen dan kelas kontrol pada aspek kognitif ($\text{Sig.} = 0,000 < 0,05$) dan aspek psikomotor ($\text{Sig.} = 0,001 < 0,05$). Selain itu, rata-rata N-Gain kelas eksperimen lebih tinggi dibandingkan kelas kontrol pada aspek kognitif ($0,5084 > 0,3796$) maupun aspek psikomotor ($0,5103 > 0,4710$). Dengan demikian, media pembelajaran sepak takraw berbasis multimedia interaktif dengan Adobe Animate dinyatakan valid, praktis, dan efektif sehingga layak digunakan untuk mendukung pembelajaran teknik dasar sepak takraw pada mahasiswa Program Studi Penjaskesrek Universitas Pendidikan Ganesha.

ABSTRAK

Mahardika, I Putu Adi (2026), *Development of an Interactive Multimedia-Based Sepak Takraw Learning Media Using Adobe Animate for Students of the Physical Education, Health, and Recreation Study Program at Ganesha University of Education. Thesis, Master's Program in Sports Education, Graduate School, Ganesha University of Education.*

This thesis has been reviewed and approved by the Principal Supervisor, Dr. I Ketut Semarayasa, S.Pd., M.Or., AIFO-P, and the Co-Supervisor, Dr. Luh Putu Tuti Ariani, S.Pd., M.Fis.

Keywords: interactive multimedia, Adobe Animate, learning media, sepak takraw, ADDIE, quasi-experimental.

This study aimed to describe the validity, practicality, and effectiveness of an interactive multimedia-based sepak takraw learning media developed using Adobe Animate for students of the Physical Education, Health, and Recreation Study Program at Ganesha University of Education. This study employed a Research and Development (R&D) approach using the ADDIE model, which consists of the analysis, design, development, implementation, and evaluation stages. The research subjects comprised two content experts, two media experts, 15 students in the small-group trial, 24 students in the large-group trial, and students in both the experimental and control classes during the effectiveness testing using a Nonequivalent Control Group Design. Data were collected through validity questionnaires, practicality questionnaires, cognitive learning achievement tests, and psychomotor observation sheets. The data were analyzed using Gregory's content validity analysis, descriptive analysis, normality tests, homogeneity tests, the Independent Samples t-Test, and Normalized Gain (N-Gain) analysis. The findings indicated that the developed learning media met the criteria of being highly valid based on expert evaluations, was practical for use in learning with an average practicality score of 4.7 (high category), and was effective in improving students' learning outcomes. The effectiveness of the learning media was demonstrated by significant differences between the experimental and control groups in both the cognitive aspect ($\text{Sig.} = 0.000 < 0.05$) and the psychomotor aspect ($\text{Sig.} = 0.001 < 0.05$). Furthermore, the average N-Gain scores of the experimental group were higher than those of the control group in both the cognitive aspect ($0.5084 > 0.3796$) and the psychomotor aspect ($0.5103 > 0.4710$). Therefore, the interactive multimedia-based sepak takraw learning media developed using Adobe Animate was found to be valid, practical, and effective, making it suitable for supporting the learning of fundamental sepak takraw techniques among students of the Physical Education, Health, and Recreation Study Program at Ganesha University of Education.