

**IMPLEMENTASI MODEL PEMBELAJARAN PROBLEM BASED
LEARNING BERBANTUAN VIDEO UNTUK MENINGKATKAN HASIL
BELAJAR TEKNIK DASAR BERGULING SENAM LANTAI PESERTA
DIDIK KELAS VIII 2 SMP NEGERI 6 SINGARAJA
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Oleh

Ana Dwi Lestari, NIM 1916011061

Progam Studi Pendidikan Jasmani Kesehatan dan Rekreasi

ABSTRAK

Penelitian ini bertujuan untuk mengetahui peningkatan hasil belajar Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) pada materi teknik dasar berguling senam lantai melalui penerapan model pembelajaran Problem Based Learning (PBL) berbantuan video pada peserta didik kelas VIII 2 SMP Negeri 6 Singaraja tahun pelajaran 2025/2026. Jenis penelitian ini adalah Penelitian Tindakan Kelas (PTK) dengan rancangan siklus yang meliputi tahap perencanaan, pelaksanaan tindakan, observasi/evaluasi, dan refleksi. Data hasil belajar dikumpulkan melalui asesmen unjuk kerja/keterampilan dan tes kognitif terhadap 34 peserta didik, kemudian dianalisis secara deskriptif kuantitatif mengacu pada Kriteria Ketercapaian Tujuan Pembelajaran (KKTP) sebesar 75 dan kriteria ketuntasan klasikal minimal 75%. Hasil penelitian menunjukkan nilai rata-rata kelas meningkat dari 68,97 pada tahap prasiklus menjadi 78,53 pada siklus I. Ketuntasan individual meningkat dari 12 peserta didik (35,29%) menjadi 30 peserta didik (88,24%), sedangkan ketuntasan klasikal meningkat dari 35,29% menjadi 88,24% dan telah melampaui kriteria keberhasilan tindakan ($\geq 75\%$) dengan kategori sangat tinggi. Dapat disimpulkan bahwa penerapan model pembelajaran *Problem Based Learning* berbantuan video efektif meningkatkan hasil belajar teknik dasar berguling senam lantai peserta didik pada siklus I, meskipun masih terdapat 4 peserta didik yang memerlukan bimbingan tambahan untuk mencapai KKTP.

Kata kunci: *Problem Based Learning*; video pembelajaran; hasil belajar; senam lantai; PJOK

**IMPLEMENTATION OF A VIDEO ASSISTED PROBLEM BASED LEARNING
MODEL TO IMPROVE LEARNING OUTCOMES IN BASIC FLOOR
EXERCISE ROLLING TECHNIQUES FOR GRADE VIII-2 STUDENTS AT
SMP NEGERI 6 SINGARAJA
SCHOOL YEAR 2025/2026**

By

Ana Dwi Lestari, NIM 1916011061

Physical Education Health and Recreation Study Program

ABSTRACT

This study aimed to determine the improvement of Physical, Sport, and Health Education (PJOK) learning outcomes on the basic forward/backward roll technique in floor gymnastics through the implementation of video-assisted Problem Based Learning (PBL) among eighth-grade students (class VIII 2) at SMP Negeri 6 Singaraja in the 2025/2026 academic year. This study used a Classroom Action Research (CAR) design carried out in cycles consisting of planning, action, observation/evaluation, and reflection stages. Learning outcome data were collected through performance/skill assessments and cognitive tests from 34 students, then analyzed descriptively and quantitatively using a Learning Objective Achievement Criteria (KKTP) of 75 and a minimum classical completeness criterion of 75%. The results showed that the class average score increased from 68.97 in the pre-cycle stage to 78.53 in Cycle I. Individual completeness increased from 12 students (35.29%) to 30 students (88.24%), while classical completeness increased from 35.29% to 88.24%, exceeding the established action success criterion ($\geq 75\%$) and falling into the very high category. It can be concluded that the implementation of video-assisted Problem Based Learning effectively improved students' learning outcomes in the basic floor gymnastics roll technique in Cycle I, although 4 students still required additional guidance to reach the KKTP.

Keywords: Problem Based Learning; instructional video; learning outcomes; floor gymnastics; physical education