

IMPLEMENTASI MODEL PEMBELAJARAN *PROBLEM BASED LEARNING* (PBL) UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI TEKNIK DASAR *PASSING CHEST PASS* BOLA BASKET PADA MURID KELAS X. 3 SMA NEGERI 7 DENPASAR

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ABSTRAK

Penelitian ini bertujuan untuk meningkatkan hasil belajar Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) pada materi teknik dasar *passing chest pass* bola basket melalui penerapan model pembelajaran *Problem Based Learning* (PBL) pada siswa kelas X.3 SMA Negeri 7 Denpasar. Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus, di mana setiap siklus terdiri atas tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian terdiri atas murid kelas X.3 SMA Negeri 7 Denpasar yang sebanyak 37 orang. Teknik pengumpulan data dilakukan melalui observasi, tes hasil belajar, dan dokumentasi. Data yang diperoleh kemudian dianalisis secara deskriptif kuantitatif dan kualitatif. Hasil penelitian menunjukkan bahwa penerapan model pembelajaran *Problem Based Learning* (PBL) dapat meningkatkan hasil belajar PJOK siswa pada materi teknik dasar *passing chest pass* bola basket. Peningkatan tersebut terlihat dari hasil belajar siswa, Dimana aspek pengetahuan meningkat dari 51% pada siklus I menjadi 89% pada siklus II, Serta pada aspek keterampilan dari 27% pada siklus I Meningkat Menjadi 89% pada siklus II. Selain itu, kemampuan siswa dalam memahami materi dan melakukan teknik *passing chest pass* juga mengalami peningkatan pada setiap siklus pembelajaran. Model pembelajaran *Problem Based Learning* (PBL) memberikan kesempatan kepada siswa untuk terlibat secara aktif dalam proses pemecahan masalah sehingga pembelajaran menjadi lebih bermakna dan berpusat pada siswa. Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa penerapan model pembelajaran *Problem Based Learning* (PBL) efektif meningkatkan hasil belajar PJOK pada materi teknik dasar *passing chest pass* bola basket siswa kelas X.3 SMA Negeri 7 Denpasar.

Kata kunci: *Problem Based Learning* (PBL), hasil belajar, PJOK, *passing chest pass*, bola basket

**IMPLEMENTATION OF THE PROBLEM-BASED LEARNING (PBL)
MODEL TO IMPROVE PHYSICAL EDUCATION LEARNING OUTCOMES
IN THE BASIC CHEST PASS TECHNIQUE OF BASKETBALL AMONG
GRADE X.3 STUDENTS OF SMA NEGERI 7 DENPASAR**

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ABSTRACT

This study aimed to improve Physical Education, Sports, and Health (PJOK) learning outcomes in the basic chest pass technique of basketball through the implementation of the Problem-Based Learning (PBL) model among Grade X.3 students of SMA Negeri 7 Denpasar. This study employed Classroom Action Research (CAR), which was conducted in two cycles, with each cycle consisting of four stages: planning, action implementation, observation, and reflection. The subjects of the study were 37 Grade X.3 students of SMA Negeri 7 Denpasar. Data were collected through observation, learning outcome tests, and documentation. The collected data were then analyzed using descriptive quantitative and qualitative methods. The results showed that the implementation of the Problem-Based Learning (PBL) model could improve students' Physical Education, Sports, and Health (PJOK) learning outcomes in the basic chest pass technique of basketball. The improvement was evident in the students' learning outcomes, particularly in the knowledge and skill aspects. The percentage of students achieving mastery in the knowledge aspect increased from 51% in Cycle I to 89% in Cycle II, while the skill aspect increased from 27% in Cycle I to 89% in Cycle II. In addition, students' ability to understand the learning material and perform the chest pass technique also improved in each learning cycle. The Problem-Based Learning (PBL) model provided students with opportunities to actively engage in the problem-solving process, making learning more meaningful and student-centered. Based on the results of the study, it can be concluded that the implementation of the Problem-Based Learning (PBL) model was effective in improving Physical Education, Sports, and Health (PJOK) learning outcomes in the basic chest pass technique of basketball among Grade X.3 students of SMA Negeri 7 Denpasar.

Keywords: *Problem-Based Learning (PBL), learning outcomes, Physical Education, Sports, and Health (PJOK), chest pass, basketball.*