IMPLEMENTASI MODEL PEMBELAJARAN *PROBLEM BASED LEARNING* (PBL) BERBASIS IT UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI PERMAINAN NET (BOLA VOLI) PADA PESERTA DIDIK KELAS VI SD NEGERI 2 PEMECUTAN TAHUN AJARAN 2025/2026

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ABSTRAK

Penelitian ini dilatarbelakangi oleh rendahnya hasil belajar Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) pada materi permainan net (bola voli) di kelas VI SD Negeri 2 Pemecutan. Permasalahan tersebut disebabkan oleh kurang optimalnya penerapan model pembelajaran dan pemanfaatan teknologi informasi sehingga peserta didik mengalami kesulitan dalam menguasai teknik dasar passing bawah dan servis bawah. Penelitian ini berlandaskan teori konstruktivisme dengan menerapkan model *Problem Based Learning* (PBL) berbantuan video tutorial berbasis *Information Technology* (IT). Tujuan penelitian ini adalah meningkatkan hasil belajar PJOK peserta didik. Penelitian menggunakan desain Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus dengan tahapan perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian berjumlah 30 peserta didik. Data dikumpulkan melalui tes hasil belajar aspek kognitif, penilaian aspek psikomotor, observasi, dan dokumentasi, kemudian dianalisis secara deskriptif kuantitatif. Hasil penelitian menunjukkan bahwa hasil belajar peserta didik yang mencakup aspek kognitif dan psikomotor mengalami peningkatan dari tahap prasiklus hingga Siklus II. Nilai rata-rata hasil belajar meningkat dari 62,00 pada prasiklus menjadi 70,77 pada Siklus I dan 84,00 pada Siklus II. Ketuntasan klasikal hasil belajar juga meningkat dari 0,00% pada prasiklus menjadi 33,33% pada Siklus I dan 90,00% pada Siklus II. Peningkatan nilai rata-rata hasil belajar dari prasiklus hingga Siklus II sebesar 22,00 poin menunjukkan adanya perkembangan kemampuan peserta didik dalam memahami materi sekaligus melakukan teknik dasar passing bawah dan servis bawah permainan bola voli. Pada Siklus II, sebanyak 27 dari 30 peserta didik telah mencapai KKTP sebesar 75,00, sehingga ketuntasan klasikal sebesar 90,00% telah melampaui kriteria keberhasilan minimal sebesar 85%. Dengan demikian, penerapan model *Problem Based Learning* berbantuan video tutorial berbasis IT dapat meningkatkan hasil belajar PJOK peserta didik kelas VI SD Negeri 2 Pemecutan.

Kata Kunci: *Problem Based Learning*, video tutorial berbasis IT, hasil belajar,PJOK, bola voli.

IMPLEMENTATION OF AN INFORMATION TECHNOLOGY (IT)-BASED PROBLEM-BASED LEARNING (PBL) MODEL TO IMPROVE LEARNING OUTCOMES IN PHYSICAL EDUCATION, SPORTS, AND HEALTH (PJOK) ON THE NET GAMES (VOLLEYBALL) UNIT AMONG SIXTH-GRADE STUDENTS AT SD NEGERI 2 PEMECUTAN IN THE 2025/2026 ACADEMIC YEAR

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ABSTRACT

This study was motivated by the low learning outcomes in Physical Education, Sports, and Health (PJOK) on the net game material, particularly volleyball, among sixth-grade students at SD Negeri 2 Pemecutan. The problem was caused by the less optimal implementation of the learning model and the use of information technology, which made it difficult for students to master the basic techniques of underhand passing and underhand serving. This study was based on constructivist theory by implementing the Problem Based Learning (PBL) model assisted by Information Technology (IT)-based tutorial videos. The purpose of this study was to improve students' PJOK learning outcomes. This study employed a Classroom Action Research (CAR) design conducted in two cycles consisting of planning, action implementation, observation, and reflection. The subjects were 30 students. Data were collected through cognitive learning outcome tests, psychomotor assessments, observations, and documentation, and were analyzed using descriptive quantitative analysis. The results showed that students' learning outcomes, comprising cognitive and psychomotor aspects, improved from the pre-cycle to Cycle II. The average learning outcome increased from 62.00 in the pre-cycle to 71.00 in Cycle I and 84.00 in Cycle II. Classical mastery of learning outcomes also increased from 0.00% in the pre-cycle to 33.33% in Cycle I and 90.00% in Cycle II. The 22.00-point increase in the average learning outcome from the pre-cycle to Cycle II indicated an improvement in students' ability to understand the learning material and perform the basic techniques of underhand passing and underhand serving in volleyball. In Cycle II, 27 out of 30 students achieved the minimum mastery criterion (KKTP) of 75.00, resulting in 90.00% classical mastery, which exceeded the minimum success criterion of 85%. Therefore, the implementation of the Problem Based Learning model assisted by IT-based tutorial videos can improve the PJOK learning outcomes of sixth-grade students at SD Negeri 2 Pemecutan.

Keywords: *Problem Based Learning, IT-based tutorial video, learning outcomes, Physical Education, volleyball.*