IMPLEMENTASI MODEL PEMBELAJARAN INKUIRI UNTUK MENINGKATKAN HASIL BELAJAR PJOK MATERI TEKNIK DASAR PADA BULUTANGKIS DI KELAS VII-A SMP NEGERI 7 SINGARAJA TAHUN AJARAN 2025/2026

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ABSTRAK

Penelitian ini bertujuan untuk meningkatkan hasil belajar Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) pada materi teknik dasar servis panjang bulutangkis melalui penerapan model pembelajaran inkuiri pada peserta didik kelas VII-A SMP Negeri 7 Singaraja. Penelitian menggunakan Penelitian Tindakan Kelas (PTK) yang didukung pendekatan kualitatif deskriptif dan dilaksanakan dalam dua siklus, dengan setiap siklus meliputi tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian berjumlah 31 peserta didik. Data dikumpulkan melalui observasi dan asesmen pada aspek sikap, pengetahuan, serta keterampilan, kemudian dianalisis menggunakan statistik deskriptif. Hasil penelitian menunjukkan adanya peningkatan hasil belajar setelah penerapan model pembelajaran inkuiri. Pada Siklus I, ketuntasan aspek pengetahuan mencapai 32% dan keterampilan 26%. Setelah dilakukan perbaikan pembelajaran pada Siklus II melalui penguatan bimbingan, diskusi kelompok, praktik berulang, dan pemanfaatan video tutorial, ketuntasan aspek pengetahuan meningkat menjadi 97% dan keterampilan menjadi 90%, sedangkan aspek sikap mencapai 100%. Temuan ini menunjukkan bahwa model pembelajaran inkuiri mampu mendorong keterlibatan aktif, kemandirian, kemampuan berpikir kritis, dan penguasaan keterampilan peserta didik. Dengan demikian, model pembelajaran inkuiri efektif digunakan sebagai alternatif untuk meningkatkan hasil belajar PJOK, khususnya pada materi teknik dasar servis panjang bulutangkis.

Kata Kunci: Model Pembelajaran Inkuiri; Hasil Belajar; PJOK; Servis Panjang; Bulutangkis; Penelitian Tindakan Kelas.

IMPLEMENTATION OF THE INQUIRY-BASED LEARNING MODEL TO IMPROVE PJOK LEARNING OUTCOMES ON BASIC TECHNIQUES IN BADMINTON AMONG SEVENTH-GRADE STUDENTS OF CLASS VII-A AT SMP NEGERI 7 SINGARAJA IN THE 2025/2026 ACADEMIC YEAR

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ABSTRACT

This This study aimed to improve learning outcomes in Physical Education, Sports, and Health (PJOK) on the basic long-service technique in badminton through the implementation of the inquiry-based learning model among seventh-grade students of Class VII-A at SMP Negeri 7 Singaraja. The study employed Classroom Action Research (CAR), supported by a descriptive qualitative approach, and was conducted in two cycles, with each cycle consisting of the stages of planning, action implementation, observation, and reflection. The research subjects comprised 31 students. Data were collected through observations and assessments of attitudes, knowledge, and skills, and were then analyzed using descriptive statistics. The results showed an improvement in learning outcomes following the implementation of the inquiry-based learning model. In Cycle I, mastery of the knowledge aspect reached 32%, while mastery of the skills aspect reached 26%. Following instructional improvements in Cycle II through strengthened guidance, group discussions, repeated practice, and the use of tutorial videos, mastery of the knowledge aspect increased to 97% and the skills aspect to 90%, while the attitude aspect reached 100%. These findings indicate that the inquiry-based learning model can encourage active participation, independence, critical thinking skills, and mastery of students' skills. Therefore, the inquiry-based learning model is effective as an alternative approach to improving PJOK learning outcomes, particularly in the basic long-service technique in badminton.

Keywords: *Inquiry-Based Learning Model; Learning Outcomes; Physical Education, Sports, and Health; Long Service; Badminton; Classroom Action Research.*