

ABSTRAK

Pujastawa, I Putu (2020), “Pengaruh Pelatihan *Massed Practice* Berbantuan Media Audio Visual Berbasis *Android* Terhadap Keterampilan *Lay up shooting* dan *Dribbling* Bola Basket” Tesis. Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata – kata Kunci : *Massed Practice*, Audio Visual, *Android*, *Lay up Shooting* , *Dribbling*.

Penelitian ini bertujuan untuk menganalisis (1) perbedaan pengaruh antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* dengan bermain bola basket terhadap keterampilan *lay up shooting* bola basket (2) perbedaan pengaruh antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* dengan bermain bola basket terhadap keterampilan *dribbling* bola basket, (3) perbedaan pengaruh antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* dengan bermain bola basket terhadap *lay up shooting* dan *dribbling* bola basket. Jenis penelitian adalah *true experimental*. Subjek penelitian 40 peserta didik ekstrakurikuler bola basket SMAN 1 Busungbiu. Rancangan penelitian menggunakan *The Pretest-Posttest Control Group Design*. Instrument tes yang digunakan adalah *Basketball Skill Challenge* mempunyai validitas *content* atau CVR sebesar 0,733 dan koefisien reliabilitas sebesar 0,836. Analisis data menggunakan uji *MANOVA* dengan taraf signifikansi 0,05. Hasil analisis data (1) nilai $F = 64,450$ ($sig < 0,05$), sehingga H_0 ditolak, (2) nilai $F = 50,789$ ($sig < 0,05$), sehingga H_0 ditolak (3) nilai $F\text{-Wilks}' Lambda = 49,612$ ($sig < 0,05$), sehingga H_0 ditolak. Disimpulkan (1) Terdapat perbedaan pengaruh keterampilan *lay up shooting* antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* lebih baik dari kelompok bermain bola basket. (2) Terdapat perbedaan pengaruh keterampilan *dribbling* antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* lebih baik dari kelompok bermain bola basket. (3) Terdapat perbedaan pengaruh antara peserta didik yang mengikuti pelatihan *massed practice* berbantuan media audio visual berbasis *android* dengan bermain bola basket terhadap *lay up shooting* dan *dribbling* bola basket.

ABSTRACT

Pujastawa, I Putu (2020), "The Effect of Massed Practice Assisted Training on Android-Based Audio Visual Media on the Layup Shooting and Basketball Dribbling Skills" Thesis. Physical Education, Postgraduate Program, Ganesha University of Education.

This thesis has been approved and examined by Supervisor I: Prof. Dr. I Nyoman Kanca, M.S and Counselor II: Dr. I Ketut Iwan Swadesi, M.Or.

Keywords: Massed Practice, Audio Visual, Android, Lay up Shooting, Dribbling.

This study aims to analyze (1) the difference in influence between students who take mass-practice training assisted by audio-based media based on android by playing basketball on basketball shooting lay-up skills (2) differences in influence between students who take mass-practice training assisted by media Android-based audio visual by playing basketball on basketball dribbling skills, (3) differences in influence between students attending massed practice training with Android-based audio visual media by playing basketball on lay-up shooting and basketball dribbling. This type of research is true experimental. Research subjects were 40 extracurricular basketball students at SMAN 1 Busungbiu. The study design uses The Pretest-Posttest Control Group Design. The test instrument used was the Basketball Skill Challenge which had a content validity or CVR of 0,733 and a reliability coefficient of 0.836. Data analysis using the MANOVA test with a significance level of 0.05. The results of data analysis (1) F value = 64,450 (sig <0.05), so H₀ is rejected, (2) F value = 50.789 (sig <0.05), so H₀ is rejected (3) FWilks' Lambda value = 49,612 (sig <0.05), so H₀ is rejected. It is concluded (1) There is a difference in the effect of lay-up shooting skills between students who take part in massed practice training assisted by audio-based audio-visual media better than groups playing basketball. (2) There is a difference in the effect of dribbling skills between students taking massed practice training assisted by audiobased audio-visual media better than groups playing basketball. (3) There is a difference of influence between students participating in massed practice training assisted by android-based audio visual media by playing basketball on lay-up shooting and basketball dribbling.