ANALISIS TINGKAT KECEMASAN DALAM PEMBELAJARAN
SENAM LANTAI GULING BELAKANG *(BACK ROLL)*
SISWA KELAS VIII SMP NEGERI 4 SUKASADA
TAHUN PEMBELAJARAN 2019/2020

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ABSTRAK

Penelitian ini bertujuan untuk menganalisis tingkat kecemasan peserta didik dalam pembelajaran senam lantai khususnya pada gerakan guling belakang *(back roll)*. Ada empat tingkat kecemasan menurut skala *Hamilton Anxiety Rating Scale* (HARS) yaitu terdiri dari kecemasan ringan, kecemasan sedang, kecemasan berat, dan kecemasan berat sekali. Jenis penelitian ini ialah penelitian deskriptif kuantitatif dengan menggunakan metode survey. Subyek penelitian ini ialah 80 peserta didik kelas VIII A dan B, terdiri dari 37 peserta didik laki-laki dan 43 peserta didik perempuan. Teknik pengumpulan data kecemasan peserta didik menggunakan bantuan angket kuisioner *Hamilton Anxiety Rating Scale* (HARS). Hasil penelitian berdasarkan analisis dengan bantuan angket kecemasan skala HARS masih terdapat beberapa peserta didik yang mengalami kecemasan. Secara lebih rinci tingkat kecemasan peserta didik siswa kelas VIII SMPN 4 Sukasada dalam pembelajaran senam lantai guling belakang (*back roll*) tahun pembelajaran 2019/2020 yaitu; kecemasan berat sekali sebanyak 24 peserta didik (30%), tingkat kecemasan berat sebanyak 32 peserta didik (40%), tingkat kecemasan sedang sebanyak 12 peserta didik (15%), tingkat kecemasab ringan sebanyak 7 peserta didik (8.75%), dan sebanyak 5 peserta didik (6.25%) tidak mengalami kecemasan. Dengan demikian berdasarkan hasil analisis data tersebut disimpulkan bahwa peserta didik kelas VIII SMPN 4 Sukasada masuk dalam kategori kecemasan berat yaitu sebanyak 32 peserta didik dengan persentase mencapai 40%.

Kata kunci: kecemasan, senam lantai, guling belakang (*back roll*)

ANALYSIS OF ANXIETY LEVEL IN LEARNING GYMNASTICS FLOOR ROLL (BACK ROLL) STUDENTS OF CLASS VIII SMP NEGERI 4 SUKASADA STUDY YEAR 2019/2020

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ABSTRACT

This study aims to analyze the level of anxiety of students in learning floor gymnastics, especially in the back roll movement. There are four levels of anxiety according to the Hamilton Anxiety Rating Scale (HARS) which consists of mild anxiety, moderate anxiety, severe anxiety, and very severe anxiety. This type of research is descriptive quantitative research using survey methods. The subjects of this study were 80 students of class VIII A and B, consisting of 37 male students and 43 female students. The technique of collecting student anxiety data is using the Hamilton Anxiety Rating Scale (HARS) questionnaire. The results of the study based on the analysis with the help of the HARS scale anxiety questionnaire, there were still some students who experienced anxiety. In more detail, the anxiety level of class VIII SMPN 4 Sukasada students in learning back roll exercises for the 2019/2020 school year, namely; very severe anxiety as many as 24 students (30%), severe anxiety level as many as 32 students (40%), moderate anxiety level as many as 12 students (15%), mild anxiety level as many as 7 students (8.75%), and 5 students (6.25%) did not experience anxiety. Thus, based on the results of the data analysis, it was concluded that the VIII grade students of SMPN 4 Sukasada were included in the category of severe anxiety, namely as many as 32 students with a percentage reaching 40%.

Keywords: anxiety, floor exercise, back roll