

## RINGKASAN

### ANDRI HANDONO WARIH. Penerapan Media Bola Untuk Meningkatkan Tendangan *Ap – Chagi* Pada Anak Usia 9 – 10 Tahun Di Shark Taekwondo Club: Program Studi Olahraga Rekreasi, Fakultas Ilmu Keolahragaan, Universitas Negeri Jakarta, Mei 2019

Penelitian ini dilaksanakan di Club Shark Jakarta Timur yang bertujuan untuk meningkatkan tendangan *Ap Chagi* melalui permainan media bola pada anak di Club Shark Taekwondo Jakarta timur. Adapun subyek dari penelitian ini adalah anak – anak club shark taekwondo di Jakarta timur yang berjumlah 20 anak. Metode penelitian yang digunakan dalam penelitian ini adalah penelitian tindakan (*Action Research*).

Model Kurt Lewin, yaitu dengan memberikan perlakuan khusus kepada anak untuk meningkatkan tendangan *Ap Chagi* pada anak club shark taekwondo di jakarta timur. Berdasarkan hasil penelitian, diperoleh hasil tes Berdasarkan hasil penelitian dari 20 anak maka didapatkan nilai rata – rata 64,5 pada hasil Akhir Tes Awal,ada pun jumlah anak yang dinyatakan berhasil sejumlah 4 anak (20%) Pada Akhir Tes siklus I didapatkan nilai rata - rata anak 70 ada pun jumlah anak yang dinyatakan nilai rata – rata anak 70 dengan jumlah anak yang berhasil sebanyak 4 (20%).

Berdasarkan data diatas dapat disimpulkan penerapan melalui media bola pada usia 9 -10 tahun di shark taekwondo club. Untuk siklus II rata - rata nilai keterampilan Tendangan *Ap Chagi* nilai anak sebesar 70 dengan persentase kelulusan 90% dimana total anak yang mendapatkan kriteria ketuntasan minimal 18 anak dari 20 anak oleh karena itu tujuan dari penerapan tinndakan ini tercapai dan hasilnya memuaskan. Hasil penelitian memperlihatkan bahwa dengan permainan media dapat meningkatkan keterampilan tendangan *Ap Chagi* yang berdampak pada anak yang mengikuti latihan di shark taekwondo club.

Sehingga dapat disimpulkan bahwa penerapan permainan dengan media bola ini dapat meningkatkan tendangan *Ap Chagi* pada anak club shark taekwondo Jakarta timur.

## **ABSTRACT**

ANDRI HANDONO WARIH. Application of Ball Media to Increase *Ap-Chagi* Kicks in Children 9-10 Years Old at Shark Taekwondo Club: Recreation Sports Study Program, Faculty of Sports Sciences, Jakarta State University, May 2019

This research was conducted at the Shark Club in East Jakarta which aims to raise *Ap Chagi's* kick through playing ball media for children in the shark taekwondo club in East Jakarta. The subjects of this study were children of the shark taekwondo club in East Jakarta, which numbered 20 children. The research method used in this research is action research.

Kurt Lewin's model, namely by giving special treatment to children to increase *Ap Chagi's* kick at the shark taekwondo club kid in East Jakarta. Based on the results of the study, the test results were obtained Based on the results of the research of 20 children, the average score was 64.5 in the Final Test Results, there were also the number of children who were successful in 4 children (20%) At the end of the C test the average score was obtained - the average number of children is 70 and the number of children is stated to be an average of 70 children with 4 successful children (20%). Based on the above data, it can be concluded that the application is through media balls at the age of 9 -10 years in the taekwondo shark club. For cycle II the average value of the skills of *Ap Chagi* Kick is a child's score of 70 with a graduation percentage of 90% where the total children who get completeness criteria are at least 18 children from 20 children therefore the purpose of implementing this action is achieved and the results are satisfactory. The results of the study show that with media games it can improve the

*Ap Chagi* kick skills that affect children who take part in training at the Shark taekwondo club. So it can be concluded that the application of the game with the media ball can increase *Ap Chagi's* kick on the kid's shark taekwondo club in East Jakarta.