

RINGKASAN

ARIS TRIYANTO, “Penerapan Permainan Modifikasi *Rugby* Untuk Meningkatkan Kelincahan (*Sidestep*) Club *Rugby* Universitas Negeri Jakarta”. Penelitian: Jakarta, Fakultas Ilmu Keolahragaan Universitas Negeri Jakarta, 2019.

Tujuan penelitian ini untuk meningkatkan kelincahan (*Sidestep*) atlet melalui permainan modifikasi rugby pada atlet club *rugby* Universitas Negeri Jakarta. Metode penelitian menggunakan *Action Research* menurut Kemmis dan Taggart yang terdiri dari 2 siklus. Dan dilakukan di lapangan olahraga kampus B Universitas Negeri Jakarta selama 3 bulan dari bulan Juni sampai Agustus 2018 dan subjek penelitian sebanyak 30 atlet *rugby* Universitas Negeri Jakarta.

Hasil dari tes awal diperoleh sebanyak 7% (2 orang) katagori Baik Sekali, sebanyak 3% (1 orang) katagoeri Baik, Sebanyak 10% (3 orang) katageri Sedang, sebanyak 63% (19 orang) Kategori Kurang dan sebanyak 17% (5 orang) kategori Kurang Sekali. Sedangkan pada hasil dari siklus pertama diperoleh sebanyak 7% (2 orang) katagori Baik Sekali, sebanyak 17% (5 orang) katagoeri Baik, Sebanyak 33% (10 orang) katageri Sedang, sebanyak 43% (13 orang) Kategori Kurang dan sebanyak 0% (0 orang) kategori Kurang Sekali. Dan pada hasil dari siklus kedua diperoleh sebanyak 8% (27 orang) katagori Baik Sekali, sebanyak 43% (13 orang) katagoeri Baik, Sebanyak 30% (9 orang) katageri Sedang, sebanyak 0% (0 orang) Kategori Kurang dan sebanyak 0% (0 orang) kategori Kurang Sekali. hasil tersebut telah mencapai standar keberhasilan yang ditentukan peneliti, dengan demikian peneliti memutuskan untuk mengakhiri tindakan permainan.

Berdasarkan hasil data tersebut maka dapat disimpulkan bahwa penerapan permainan modifikasi *rugby* dapat meningkatkan kelincahan pada club *rugby* Universitas Negeri Jakarta.

Kata kunci : Modifikasi permainan, *Rugby*, Kelincahan, atlet rugby Universitas Negeri Jakarta.

ABSTRACT

ARIS TRIYANTO, "Application of Rugby Modification Games to Improve the Agility (sidestep) of Rugby Club Jakarta State University". Research: Jakarta, Faculty of Sport Sciences, Jakarta State University, 2019.

The purpose of this study was to improve the agility of athletes through rugby modification games at the rugby athletes of the Jakarta State University. The research method uses Action Research according to Kemmis and Taggart which consists of 2 cycles. And it was conducted at the B campus campus Jakarta sports field for 3 months from June to August 2018 and the research subjects were 30 rugby athletes from the Jakarta State University.

The results of the initial test are as follows: it can be obtained that as many as 7% (2 people) are categorized Very Good, as many as 3% (1 person) Good category, 10% (3 people) Medium category, 63% (19 people) Less Category and as many as 17% (5 people) in the Very Less category ... So that the achievement is still far from the expectations of researchers.

The results of the first cycle: it can be obtained that as many as 7% (2 people) are categorized as Very Good, as many as 17% (5 people) Good category, 33% (10 people) Medium category, 43% (13 people) Category Less and as many as 0% (0 people) in the Less Once category. These results have not yet reached the standards of success determined by the researcher, so the second cycle is needed to be able to improve the agility of athletes.

The results of the second cycle: it can be obtained that as many as 8% (27 people) category is Very Good, as many as 43% (13 people) Good category, 30% (9 people) Medium category, 0% (0 people) Category Less and as many as 0% (0 people) in the Less Once category. these results have reached the standards of success determined by the researcher, thus the researcher decided to end the action of the game.

Based on the results, it can be concluded that the application of rugby modification games can improve agility at the Jakarta State University rugby club.

Keywords: Modification of the game, Rugby, Agility, rugby athlete, Jakarta State University.