

ABSTRACT

M. RIZAL TRIANA, Efforts to Increase Momtong Dollyo Chagi Kick With Water Media In Extracurricular Participants SMA PGRI Balaraja. Thesis: Jakarta: Sports Education Faculty of Sport Sciences Jakarta State University, July 2017.

This study aims to find out about: (1) Improvement and improvement of learning outcomes extracurricular participants SMA PGRI Balaraja in kick momtong dollyo chagi with water media.

The method of this research is action research classroom method (class action research) extracurricular participants of SMA PGRI Balaraja as research subject, in this research is conducted in 2 cycles, that is cycle 1 and cycle 2. Learning is done by using water media. In cycle 1 begins with the initial test where researchers can find out how much learners ability in mastering the technique before the treatment given the kicker by the researchers, then the participants provide treatment in the form of learning with water media that has been adjusted depth with participants. Treatment in the form of water media has been adjusted with the learners. This treatment is given as much as 4 times the meeting according to the explanation at the beginning and after that the researchers do the final test for the first cycle, from the first cycle results realized researchers find the development of the learners but still not meet the limit of drinking mastery mastery so that researchers and collaborators agree that Hold the next cycle that is, cycle II by holding with the beginning of the movement section section then the whole movement so that learners easy to learn.

Activity of cycle II which is realized by researchers through water hasill media in the form of 1) Participants can understand the concept of motion kick momtong dollyo chagi, this can be known from the way students do and understand the kick movement, 2) Participants can learn well, 3) Student motivation and Believe that students are increasing at the time of learning with water media.

In this study it was explained that in the initial test found the ability data of students who passed the kick momtong dollyo chagi as much as 4 (16%) of the

students and who did not pass as many as 21 (84%) learners. In the first cycle there is a significant increase, students who graduated as many as 15 (60%) of students, while those who did not pass as many as 10 (40%) of students. In cycle II seen the increase makasimal that is, as many as 25 (100%) participants who pass.

Description of the results of this study improvement of learning results kick momtong dollyo chagi with water media from the initial test to produce prosetase of 16% of participants who can do momtong dollyo chagi kick properly, then in cycle I was found an increase of 60% participants who can improve the results Learn correctly, and in cycle II with 100% result participants can improve learning result kick momtong dollyo chagi by using water media well and true.