

**EFEKTIFITAS GAYA MENGAJAR PENEMUAN TERPIMPIN (*DISCOVERY*) DAN
INKLUSI TERHADAP HASIL BELAJAR LOMPAT JAUH GAYA MENGGANTUNG
PADA SISWA KELAS XI SMAN 76 JAKARTA TIMUR**

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Abstract

NURAULIA INTIFADHAH, The Effectiveness of Teaching Style of Guide Discovery and Inclusion of Learning Outcomes Long Jump Hanging Style In Students of Class XI SMAN 76 Jakarta Timur. Thesis, Jakarta: Phsyca Education, Health and Recreation Program Faculty of Sport, Jakarta State University, 2017

This study aims to compare the more effective between the teaching style of discovery and the style of teaching inclusion to the long jump style learning results hanging on the students of grade XI SMAN 76 Jakarta Timur.

This research was conducted in sports field of SMAN 76 Jakarta Timur, Tipar Cakung Road, East Jakarta. This research started on 08 June 2017 until July 22, 2017, and the learning schedule every Thursday at 09.20 WIB until 11:40 pm. This research was conducted 5 times meeting using experiment method and with total population of 36 students in class XI at SMAN 76 Jakarta Timur. But only 30 samples were taken in this study, randomly selecting or randomly selecting samples taken by students, and sampling then performing the initial test of long jump hanging style.

In the final test both groups obtained a standard deviation value of the guide discovery style of 3.15 and the inclusion 4.62. The standard error value of the mean

difference of 1.51, then t_{count} of 8.54 and the value of t_{table} 2.042 with a significant level $\alpha = 0.05$, so that t count is greater than t_{table} .

Thus it can be concluded that the teaching style of inclusion is more effective than the teaching style of guide discovery in order to improve the learning results of long jump hanging style on the students of class XI SMAN 76 Jakarta Timur.