

ABSTRACT

FAQIH RISKI UTOMO. Efforts to Improve Learning Outcomes of Backhand Badminton Games Using Badmini Racket Media on Badminton Extracurricular Students at SMPN 116 Jakarta. Physical Education Study Program, Faculty of Sport Sciences, Jakarta State University, January 2020.

ABSTRACT

This study aims to improve learning outcomes of badminton backhand using badmini racquet media on badminton extracurricular students at SMPN 116 Jakarta. As for the subjects of this study were all badminton extracurricular participants of SMPN 116 Jakarta consisting of 20 students.

The method used in this study is a action research method, namely by providing specific actions to the subject to improve learning outcomes of badminton backhand using badmini rackets, while the backhand stroke stage is the initial stage, the implementation stage, and the final stage (follow through).

Based on the results of the study, it can be concluded that: through the action research method by replacing the racket into a Badmini racket can improve learning outcomes of badminton backhand in badminton extracurricular students at SMPN 116 Jakarta.

This research was conducted with two research action cycles. This can be seen, from the graduation level of the subjects on the initial test amounted to 6 students or a percentage of 30%, while 14 students or a percentage of 70% have not been able to achieve a passing grade, because there are still many errors of movement made by students from the beginning, implementation, and stages end (follow through). The attitude of the view and the body is still not right and there are still many jokes so that the movement is still not perfect. After being given an action cycle I graduation rate totaling 12 students or a percentage of 60%, in this cycle I an increase in the number of students who graduate, but not all students

can achieve a passing grade. But in this first cycle students have begun to understand the stages of badminton backhand movements, in the early stages of body posture and outlook have started well although not all students have graduated, at the implementation stage there are still students who do it incorrectly and unbalanced body attitudes. Then proceed to the second cycle, after the second cycle stage is done all students have done a bad backhand movement starting from the initial stage, the implementation stage and the final stage (follow through) with good and right. So that all students get good results, namely the graduation at the final test totaling 20 students or a percentage of 100%.

Keywords: Badmini Racket Media, Backhand, Badminton

