

PENGARUH PENGGUNAAN MEDIA *FOCUS MITT* DAN *PYONGYO* TERHADAP KEMAMPUAN TENDANGAN *MAWASHI GERI* PADA SISWA EKSTRAKURIKULER KARATE SD ISLAM NURUL HASANAH KOTA TANGERANG

ABSTRAK

Tujuan penelitian ini untuk mengetahui 1). Mengetahui pengaruh penggunaan media *focus mitt* terhadap kemampuan tendangan *mawashi geri* pada siswa ekstrakurikuler karate SD Islam Nurul Hasanah Kota Tangerang. 2). Mengetahui pengaruh penggunaan media *pyongyo* terhadap kemampuan tendangan *mawashi geri* pada siswa ekstrakurikuler karate SD Islam Nurul Hasanah Kota Tangerang. 3). Mengetahui mana yang berpengaruh lebih baik antara menggunakan media *focus mitt* dan menggunakan media *pyongyo* terhadap kemampuan tendangan *mawashi geri* pada siswa ekstrakurikuler SD Islam Nurul Hasanah Kota Tangerang. Penelitian ini dilaksanakan di lapangan sekolah SD Islam Nurul Hasanah, Karang Tengah, Kota Tangerang pada tanggal 02 September 2019.

Penelitian ini dilakukan dalam bentuk penelitian eksperimen semu, dengan metode eksperimen (*Two Group Pretest-Posttest Design*). Subjek penelitian adalah siswa ekstrakurikuler karate SD Islam Nurul Hasanah Kota Tangerang yang berjumlah 30 peserta. Instrumen yang digunakan adalah kemampuan tendangan *mawashi geri*. Teknik analisis data menggunakan uji hipotesis dengan analisis uji t (*paired sample t test*) bertujuan untuk mengetahui pengaruh.

Berdasarkan hasil analisis uji t pertama dengan siswa ekstrakurikuler karate SD Islam Nurul Hasanah Jika r tabel dengan $\alpha = 0,05$ dan $n = 15$ diperoleh nilai 1,761 maka $t_{hitung} (12,807) > t_{tabel} (1,761)$. Dari hasil tersebut diartikan ada pengaruh penggunaan media *focus mitt* terhadap kemampuan tendangan *mawashi geri*. Sedangkan uji t kedua Jika r tabel dengan $\alpha = 0,05$ dan $n = 15$ diperoleh nilai 1,761 maka r_{hitung} diperoleh nilai $t_{hitung} (9,503) > t_{tabel} (1,761)$, dari hasil tersebut diartikan ada pengaruh penggunaan media *pyongyo* terhadap kemampuan tendangan *mawashi geri*. Berdasarkan hasil tersebut dapat disimpulkan ada pengaruh penggunaan media *focus mitt* dan *pyongyo* terhadap kemampuan tendangan *mawashi geri* pada siswa ekstrakurikuler SD Islam Nurul Hasanah dan persentase peningkatan kemampuan dengan menggunakan media *focus mitt* mempunyai peningkatan lebih besar dibandingkan dengan media *pyongyo*.

Kata Kunci – Tendangan Mawashi Geri, Focus mitt, Pyongyo, Karate.

THE EFFECT OF THE USE OF FOCUS MITT AND PYONGYO MEDIA ON THE MAWASHI GERI KILLING ABILITY IN KARATE EXTRACURRICULAR STUDENTS IN ISLAMIC ELEMENTARY SCHOOL NURUL HASANAH TANGERANG CITY

ABSTRACT

The purpose of this study is to find out 1). Knowing the effect of using the media focus mitt on the ability of the Gaw Mawashi kick on karate extracurricular students at Islamic Elementary School Nurul Hasanah, Tangerang City. 2). Knowing the influence of using pyongyo media on the ability of Gaw Mawashi kicks in karate extracurricular students at Islamic Elementary School Nurul Hasanah, Tangerang City. 3). Knowing which one is better influences between using media focus mitt and using pyongyo media on the ability of the Gaw Mawashi kick on extracurricular students at the Islamic elementary school Nurul Hasanah, Tangerang City. This research was conducted in the Islamic elementary school Nurul Hasanah, Karang Tengah, Tangerang City on September 2, 2019.

*This research was conducted in the form of quasi-experimental research, with the experimental method (Two Group Pretest-Posttest Design). The subjects of the study were the karate extracurricular students at Islamic Elementary School Nurul Hasanah, Tangerang City, totaling 30 participants. The instrument used was the Mawashi Geri kick ability. Data analysis techniques using hypothesis testing with *t* test analysis (paired sample *t* test) aims to determine the effect.*

*Based on the results of the analysis of the first *t* test with karate extracurricular students at the Islamic Elementary School Nurul Hasanah If *t* tables with $\alpha = 0.05$ and $n = 15$ a value of 1,761 is obtained then t arithmetic (12,807) > t table (1,761). From these results it is interpreted that there is an influence of the use of media focus mitts on the ability of Gaw's Mawashi kick. While the second *t* test If the *t* table with $\alpha = 0.05$ and $n = 15$ obtained the value of 1.761 then the *t* count obtained the value of t arithmetic (9.503) > t table (1.761), from these results interpreted there is an influence of the use of pyongyo media on the ability of Mawashi kicks geri. Based on these results it can be concluded that there is an influence of the use of media focus mitt and pyongyo on the ability of the Gaw mawashi kick in extracurricular students of Islamic elementary school Nurul Hasanah and the percentage increase in ability using media focus mitt has a greater increase compared to the media pyongyo.*

Keywords - Mawashi Geri Kick, Focus Mitt, Pyongyo, Karate.