A BUTTERFLY STYLE SWIMMING SKILL LEARNING MODEL FOR JUNIOR HIGH

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ABSTRACT

The purpose of this study was to produce a butterfly style swimming learning model for junior high school students. The subjects in this research and development are students of Middle School. The research method used is the research and development model of Borg and Gall. Data collection techniques used are the results of expert validation and effectiveness testing through assessment instruments with t-test statistical data analysis. The results of research and development of a butterfly style swimming skill learning model for junior high school students shows that (1) the butterfly swimming swimming skill learning model for junior high school students significantly improved the butterfly swimming swimming skill of the students (2) Based on data analysis, the average value of pre test 9.37 and post test average 17.62, standard deviation 3.11 value of t -16.77 significance level 0.05 can be said that the Butterfly Style Swimming Skill Learning Model can improve butterfly style swimming skills and is effective to be applied in the learning process of butterfly style swimming skills for junior high school students.

Keywords: Learning Model, Butterfly Style Swimming

MODEL PEMBELAJARAN KETERAMPILAN RENANG GAYA KUPU-KUPU UNTUK SISWA SMP

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RINGKASAN

Tujuan penelitian ini adalah untuk menghasilkan model pembelajaran renang gaya kupu-kupu untuk siswa SMP. Subyek dalam penelitian dan pengembangan ini adalah siswa Sekolah Menengah Pertama. Metode penelitian yang digunakan adalah model penelitian dan pengembangan dari Borg and Gall. Teknik pengumpulan data yang digunakan adalah hasil validasi pakar dan uji efektivitas melalui instrument penilaian dengan analisis data statistik uji-t. Hasil penelitian dan pengembangan model pembelajaran keterampilan renang gaya kupu-kupu untuk siswa SMP menunjukkan bahwa (1) model pembelajaran keterampilan renang gaya kupu-kupu untuk siswa SMP signifikan meningkatkan keterampilan renang gaya kupu-kupu siswa, (2) Berdasarkan analisis data diperoleh nilai rata-rata pre test 9.37 dan rata-rata post test 17.62, standart deviasi 3.11, nilai t -16.77 taraf signifikasni 0,05 dapat dikatakan bahwa Model Pembelajaran Keterampilan Renang Gaya Kupu-Kupu dapat meningkatkan keterampilan renang gaya kupu-kupu serta efektif untuk diterapkan dalam proses pembelajaran keterampilan renang gaya kupu-kupu untuk siswa SMP.

Kata Kunci: Model Pembelajaran, Renang Gaya Kupu-Kupu