

**WATER INTRODUCTION LEARNING MODEL (MNS) BASED ON PLAY IN
SWIMMING SPORT**
(For Elementary School Students Who Have Swimming Anxiety)

MARYAM NOVITA SARY

Physical Education, State University Of Jakarta
Jl. Rawamangun Muka, RT11/RW14, Rawamangun, Pulogadung,
Jakarta Timur 13220 Indonesia
Email: maryamnovita86@gmail.com

The purpose of this study is to produce a water-based learning introduction model (MNS) based on playing in swimming (for elementary school students who have anxious swimming). The subjects in this research and development are Bekasi Jaya XIII Elementary School and AL-AZHAR Kelapa Gading Islamic Elementary 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 an instrument of anxiety level assessment with t-test statistical data analysis. The results of research and development of water-based learning recognition models (MNS) based on swimming in swimming (for elementary school students who have anxious swimming) shows that (1) water-based learning learning models (MNS) are based on playing in swimming sports (for elementary school students who are have anxious swimming) significantly reduce the level of anxiety in the learning process of water recognition in swimming sports, (2) Based on data analysis, the average value of pre-test is 14.5 and post-test average is 8.1, t-count = 25.59, df = 39 and p-value = 0.00 < 0.05, it can be said that the water recognition learning model (MNS) based on playing in swimming (for elementary school students who have anxiety to swim) can reduce the level of anxiety and is effective to be applied in the learning process of learning water in swimming sports.

Keywords: *Learning Model, Water Recognition, Anxiety*

**MODEL PEMBELAJARAN PENGENALAN AIR (MNS) BERBASIS BERMAIN
DALAM OLAHRAGA RENANG
(Bagi Siswa Sekolah Dasar Yang Mempunyai Rasa Cemas Berenang)**

MARYAM NOVITA SARY

Pendidikan Olahraga, Universitas Negeri Jakarta
Jl. Rawamangun Muka, RT11/RW14, Rawamangun, Pulogadung,
Jakarta Timur 13220 Indonesia
Email: maryamnovita86@gmail.com

RINGKASAN

Tujuan penelitian ini adalah untuk menghasilkan model pembelajaran pengenalan air (MNS) berbasis bermain dalam olahraga renang (bagi siswa sekolah dasar yang mempunyai rasa cemas berenang). Subyek dalam penelitian dan pengembangan ini adalah Sekolah Dasar Bekasi Jaya XIII dan Sekolah Dasar Islam AL-AZHAR Kelapa Gading. 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 tingkat kecemasan dengan analisis data statistik uji-t. Hasil penelitian dan pengembangan model pembelajaran pengenalan air (MNS) berbasis bermain dalam olahraga renang (bagi siswa sekolah dasar yang mempunyai rasa cemas berenang) menunjukkan bahwa (1) model pembelajaran pengenalan air (MNS) berbasis bermain dalam olahraga renang (bagi siswa sekolah dasar yang mempunyai rasa cemas berenang) signifikan mengurangi tingkat kecemasan pada proses pembelajaran pengenalan air dalam olahraga renang, (2) Berdasarkan analisis data diperoleh nilai rata-rata pre test 14.5 dan rata-rata post test 8.1, $t\text{-hitung} = 25.59$, $df = 39$ dan $p\text{-value} = 0,00 < 0,05$, dapat dikatakan bahwa model pembelajaran pengenalan air (MNS) berbasis bermain dalam olahraga renang (bagi siswa sekolah dasar yang mempunyai rasa cemas berenang) dapat mengurangi tingkat kecemasan serta efektif untuk diterapkan dalam proses pembelajaran pengenalan air dalam olahraga renang.

Kata Kunci: Model Pembelajaran, Pengenalan Air, Kecemasan