

ABSTRAK

PRIMA NANDA. Pengembangan Senam Kesegaran Jasmani Berbasis Olahraga Tradisional Silek Tuo. Tesis. Medan. Program Pascasarjana Universitas Negeri Medan, 05 Desember 2019

Senam kesegaran jasmani (SKJ) merupakan aktivitas yang bertujuan untuk kebugaran jasmani. *Silek tuo* adalah olahraga beladiri tradisional Sumatera Barat yang perlu dilestarikan. Penelitian ini bertujuan untuk mengetahui gerakan *silek tuo* yang diadopsi menjadi gerakan SKJ. Untuk mengetahui musik pengiring SKJ *silek tuo*. Untuk mengetahui pengembangan SKJ *silek tuo*. Untuk mengetahui kelayakan produk SKJ *silek tuo*. Metode penelitian menggunakan metode penelitian pengembangan (R&D). Subjek penelitian ini berjumlah 50 orang yaitu 10 orang subjek uji coba skala kecil dan 40 orang subjek uji coba skala besar. Hasil penelitian diperoleh gerakan hormat perguruan *silek tuo* dan gerakan kaidah gerak dasar I diadopsi menjadi rangkaian gerakan SKJ *silek tuo*. Musik pengiring pemanasan SKJ *silek tuo* yaitu lagu *bareh solok* dengan tempo 115 bpm, musik pengiring inti SKJ *silek tuo* yaitu lagu *ayam den lapeh* dan goyang nasi padang dengan tempo 130 bpm, musik pengiring pendinginan SKJ *silek tuo* yaitu lagu *kambanglah bungo* dengan tempo 100 bpm. SKJ 2018 menjadi pedoman dalam pembuatan SKJ *silek tuo* yaitu memodifikasi gerakan *silek tuo* menjadi rangkaian gerakan SKJ. Uji kelayakan produk SKJ *silek tuo* berdasarkan hasil validasi ahli dan uji coba produk diperoleh rentang persentase sebesar 86%-92,22%. Kesimpulan penelitian yaitu gerakan *silek tuo* pada SKJ yaitu gerakan modifikasi hormat perguruan dan gerakan modifikasi kaidah gerak dasar I *silek tuo* pada aktivitas pemanasan, inti dan pendinginan senam. Musik pengiring SKJ *silek tuo* yaitu lagu *barek solok*, lagu *ayam den lapeh*, lagu goyang nasi padang, dan lagu *kambanglah bungo* diaransemen menggunakan instrument modern. Pengembangan SKJ *silek tuo* yaitu memodifikasi gerakan *silek tuo* menjadi rangkaian gerakan SKJ. Pengembangan SKJ *silek tuo* dinyatakan “layak” dan dapat “digunakan”.

Kata Kunci :, Olahraga Tradisional, *Silek Tuo*, SKJ

ABSTRACT

PRIMA NANDA. Development of Gymnastics Freshness Physical Based on Traditional Sport Silek Tuo. Thesis. Medan. Graduate program Universitas Negeri Medan, 05 Desember 2019

Physical fitness (SKJ) is an activity that aims for physical fitness. Silek tuo is a traditional West Sumatran martial arts sport that needs to be preserved. The aim of this research is to find out the movements of Silek Tuo which was adopted as the SKJ Movement. To find out the accompaniment of SKJ silek tuo music. To find out the development of SKJ Silek Tuo. To determine the feasibility of SKJ Silek Tuo's products. The research method uses the method of research development (R&D). The subjects of this study were 50 people, 10 were small-scale trial subjects and 40 were large-scale trial subjects. The results obtained by respecting the Silek Tuo College and the basic motion I movement were adopted into a series of SKJ Silek Tuo movements. The music accompanying SKJ silek tuo heating is a bareh solok song with a tempo of 115 bpm, SKJ silek tuo core accompaniment music is song ayam den lapeh and goyang nasi padang with a tempo of 130 bpm, the accompaniment music was cooling SKJ silek tuo namely kambanglah bungo song with a tempo of 100 bpm. 2018 SKJ became the guideline in making SKJ silek tuo, namely modifying the movement of silek tuo into a series of SKJ movements. The feasibility test of SKJ silek tuo products based on the results of expert validation and product trials obtained a percentage range of 86% -92.22%. The conclusion of the research is the movement of silek tuo on SKJ, namely the modification of the movement of the respect of the college and the modification of the basic motion of the basic motion I of silek tuo on heating, core and cooling exercises. The accompanying music of SKJ silek tuo is a barek solok song, a ayam den lapeh song, goyang nasi padang song, and kambanglah bungo song arranged using modern instruments. Development of SKJ Silek Tuo's is to modify Silek Tuo's movements into a series of SKJ movements. Development of SKJ silek tuo is declared as "feasible" and can be "used".

Keywords : Traditional Sports, *Silek Tuo*, SKJ