

ABSTRAK

Dedy Rosadi Lubis, Nim : 6161111019 “Variasi Tolak Peluru Gaya *Ortodoks* Berbasis Video Tutorial Di Sekolah Menengah Pertama“. Pembimbing Skripsi: Dr. Sanusi Hasibuan, M.Kes . Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengembangkan variasi tolak peluru gaya *ortodoks* berbasis video tutorial di sekolah menengah pertama. Populasi dalam penelitian ini adalah 30 orang siswa. Pengembangan yang telah dibuat terlebih dahulu divalidasi oleh 2 orang ahli. Uji kelompok kecil melibatkan 10 orang siswa dan uji kelompok besar melibatkan 20 orang siswa. Video variasi tolak peluru gaya *ortodoks* yang dikembangkan mendapatkan penilaian sangat valid berdasarkan hasil validasi para ahli, dimana persentase validitasnya 94,57% termasuk dalam kategori sangat baik untuk digunakan. Metode yang digunakan adalah metode penelitian pengembangan (*Research and Development R&D*).

Hasil uji coba kelompok kecil terhadap 10 siswa menunjukkan bahwa video variasi tolak peluru gaya *ortodoks* tersebut sudah memenuhi kriteria sangat layak atau valid dengan persentase keseluruhan 91,5% responden atau siswa mengaku bahwa pengembangan video variasi tolak peluru gaya *ortodoks* ini sudah layak digunakan dalam uji coba kelompok besar.

Hasil uji coba kelompok besar terhadap 20 siswa menunjukkan bahwa variasi tolak peluru gaya *ortodoks* berbasis video tutorial di sekolah menengah pertamamendapatkan persentase 95,33%, kategori sangat baik untuk digunakan. Dapat disimpulkan bahwa variasi tolak peluru gaya *ortodoks* berbasis video tutorial di sekolah menengah pertama ini layak digunakan dalam proses pembelajaran tolak peluru.

Kata Kunci : *variasi, Video Tutorial*

ABSTRACT

Dedy Rosadi Lubis, Nim: 6161111019 "Variations of Rejecting Bullets in Orthodox Style Based on Video Tutorials in Junior High Schools". Thesis Advisor: Dr. Sanusi Hasibuan, M.Kes. Thesis: Faculty of Sport Science, State University of Medan.

This study aims to develop a variety of video tutorial-based orthodox shooting styles in junior high schools. The population in this study were 30 students. Developments that have been made in advance are validated by 2 experts. The small group test involved 10 students and the large group test involved 20 students. The orthodox-style bullet shot variation video that was developed received a very valid assessment based on the validation results of the experts, where the percentage of validity was 94.57% in the very good category to use. The method used is the research and development method (Research and Development R&D).

The results of small group trials of 10 students showed that the orthodox-style bullet shot variation video had met the criteria of being very feasible or valid with an overall percentage of 91.5% of respondents or students claiming that the development of this orthodox-style bullet shot variation video was feasible for use in trials large group.

The results of a large group trial of 20 students showed that the variation of video tutorial-based orthodox bullet shooting in junior high schools got a percentage of 95.33%, the category is very good to use. It can be concluded that the variety of shot put styles based on video tutorials in junior high schools is suitable for use in the learning process of shot put.

Keywords: variation, Video Tutorial

