

## ABSTRAK

**Hutmer Sitompul, Efektivitas Proses Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan (PJOK) Secara Daring di SMA Negeri Se-Kota Pematangsiantar Ta.2021/2022 (Pembimbing Skripsi : Suryadi Damanik), Skripsi : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2022**

Penelitian ini dilatarbelakangi oleh beberapa waktu yang lalu dikarenakan adanya wabah COVID-19 yang melanda dunia diakhir tahun 2019 hingga saat ini diawal tahun 2022, pemerintah menerbitkan peraturan baru untuk siswa di liburkan beberapa waktu namun siswa tetap dianjurkan belajar dari rumah sehingga sudah beberapa tahun ini para guru harus lebih kreatif dan interaktif untuk menyampaikan pembelajaran.

Penelitian ini bertujuan untuk mengetahui efektivitas pembelajaran daring pada mata pelajaran penjas di SMA Negeri Se-Kota Pematangsiantar. Penelitian ini merupakan penelitian deskriptif dengan metode Kuantitatif deskriptif. Teknik pengumpulan data menggunakan instrumen angket yang jumlah sampelnya sebanyak 90 orang siswa. Teknik analisis data yang digunakan untuk menyajikan data menggunakan statistik deskriptif dengan presentase.

Hasil penelitian ini menunjukkan tingkat efektivitas pembelajaran penjas di SMA Negeri se-kota Pematangsiantar tahun ajaran 2021/2022 pada masa pandemi covid-19 adalah pada tingkat “rendah”. Dengan kategori “Sangat Tinggi” sebanyak 14% dari keseluruhan responden, kategori “Tinggi” sebanyak 17% responden, kategori “Sedang” sebanyak 21% responden, kategori “Rendah” sebanyak 47% responden, dan kategori “Sangat Rendah” sebanyak 1% dari total keseluruhan responden. Hasil tersebut menunjukkan tingkat efektivitas pembelajaran penjas di SMA Negeri se-Kota Pematangsiantar terlaksana dengan “kurang”.

Diharapkan Guru dapat meningkatkan kualitas dalam melaksanakan pembelajaran penjas agar dapat meningkatkan kemampuan siswa di SMA Negeri se-Kota Pematangsiantar.

**Kata kunci :** *Efektivitas, Pembelajaran Penjas, Daring, Pandemi Covid-19.*

## ABSTRACT

**Hutmer Sitompul, Effectiveness of Online Sport Physical Education and Health (PJOK) Learning at Pematangsiantar City State Senior High School 2021/2022 Academic Year (Thesis Supervisor : Suryadi Damanik),  
Thesis : Faculty of Sports Science, State University of Medan 2021**

This research was motivated by some time ago due to the COVID-19 outbreak that hit the world at the end of 2019 until now at the beginning of 2022, the government issued a new regulation for students to take some time off but students are still encouraged to study from home so it's been several years teachers need to be more creative and interactive to deliver learning.

This study aims to determine the effectiveness of online learning on physical education subjects in Senior High Schools throughout the Pematangsiantar city sub-district. This research is a descriptive research with survey method. The data collection technique used a questionnaire instrument with a total sample of 90 students. The data analysis technique used to present the data is descriptive statistics with percentages.

The results of this study indicate that the level of effectiveness of physical education learning in Senior High Schools throughout the Pematangsiantar city sub-district for the 2021/2022 academic year during the covid-19 pandemic is at a "low" level. With the "Very High" category as many as 14% of the total respondents, the "High" category as many as 17% of the respondents, the "Medium" category as many as 21% of the respondents, the "Low" category as many as 47% of the respondents, and the "Very Low" category as much as 1% of the respondents. the total of all respondents. These results indicate that the level of effectiveness of physical education learning in Senior High Schools throughout the Pematangsiantar city sub-district is carried out "less".

It is expected that teachers can improve the quality in carrying out physical education learning in order to improve the ability of students in Senior High Schools throughout the Pematangsiantar city sub-district.

**Keywords:** *Effectiveness, Physical Education Learning, online, Covid-19 Pandemic.*