

ABSTRAK

Aldi Aftodo Saragi. “Pengaruh Permainan Tradisional Egrang Bambu Terhadap Keseimbangan Statis Siswa Kelas 5 SD Negeri No. 033922 Paropo Kecamatan Silahisabungan Kabupaten Dairi”.

(Pembimbing: Indah Verawati)

Skripsi: Fakultas Ilmu Keolahragaan Unimed 2022.

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh permainan tradisional egrang bambu terhadap keseimbangan statis siswa kelas 5 SD Negeri No. 033922 Paropo. Metode yang di gunakan pada penelitian ini adalah metode eksperimen dengan Teknik pengumpulan data menggunakan tes. Desain yang digunakan dalam penelitian ini, yaitu “*Pretest-Posttest Control Group Design*”, yaitu desain penelitian yang terdapat tes awal (*pretest*) sebelum diberi perlakuan dan tes akhir (*posttest*) setelah diberi perlakuan.

Populasi dalam penelitian ini sebanyak 16 orang dan sampel dalam penelitian ini berjumlah 16 orang dengan Teknik pengambilan sampel yaitu *total sampling*. Penelitian berlangsung selama 4 minggu sebanyak 12 kali pertemuan. Kelompok eksperimen akan diberikan perlakuan dengan bermain egrang bambu selama 10 menit dilakukan sebanyak 2 set.

Hasil uji *independent sample test* pada kelompok kontrol Berdasarkan nilai signifikan pretest dan posttest stork balance kelompok kontrol $0,579 > 0,05$ maka H_0 diterima dan H_a ditolak, tidak signifikan. Berdasarkan nilai signifikan pretest dan posttest stork balance kelompok eksperimen $0,003 < 0,05$ maka H_0 ditolak dan H_a diterima, signifikan. Kemudian perolehan $t_{hitung} (-3.680) < t_{tabel} (2.306)$ yang artinya H_0 ditolak dan H_a diterima. Sehingga berdasarkan hasil penelitian terdapat pengaruh permainan tradisional egrang bambu terhadap keseimbangan statis siswa kelas 5 SD.

Kata kunci: *Permainan Tradisional, Egrang Bambu, Keseimbangan Statis*

ABSTRACT

Aldi Aftodo Saragi. "The Effect of Traditional Bamboo Stilt Games on the Static Balance of Grade 5 Students at SD Negeri No. 033922 Paropo, Silahisabung District, Dairi Regency.

(Supervisor: Indah Verawati)

Thesis: Faculty of Sports Science Unimed 2022.

The purpose of this study was to determine the effect of the traditional game of bamboo stilts on the static balance of the 5th grade students of SD Negeri No. 033922 Paropo. The method used in this study is an experimental method with data collection techniques using tests. The design used in this study, namely "Pretest-Posttest Control Group Design", is a research design that contains an initial test (pretest) before being given treatment and a final test (posttest) after being given treatment.

The population in this study were 16 people and the sample in this study was 16 people with the sampling technique that is total sampling. The research lasted for 4 weeks in 12 meetings. The experimental group will be given treatment by playing bamboo stilts for 10 minutes in 2 sets.

Independent sample test results in the control group. Based on the significant value of the pretest and posttest, the control group's stock balance was $0.579 > 0.05$, so H_0 was accepted and H_a was rejected, not significant. Based on the significant value of the pretest and posttest stork balance of the experimental group $0.003 < 0.05$, H_0 is rejected and H_a is accepted, significant. Then the acquisition of tcount $(-3.680) < ttable (2.306)$ which means that H_0 is rejected and H_a is accepted. So based on the results of the study there is an influence of traditional bamboo stilts games on the static balance of 5th grade elementary school students.

Keywords: Traditional Games, Bamboo Stilts, Static Balance

