

ABSTRAK

Febri Jaya Zalukhu. NIM 6182111003. “Pengembangan Senam Ritmik Tarian Etnis Sumatera Utara “Tasura” Untuk Pembelajaran Pendidikan Jasmani Tingkat Sekolah Menengah Pertama.” (Pembimbing: Abdul Harris Handoko S.Pd.,M.Pd) Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2022.

Penelitian ini bertujuan untuk menghasilkan model senam ritmik untuk siswa sekolah menengah pertama dan mengetahui kelayakan senam ritmik yang akan dikembangkan, senam ini mengandung delapan tarian etnis sumatera utara yang membuat senam ini lebih menarik untuk siswa. Model senam ritmik yang dikembangkan diharapkan dapat digunakan oleh guru dan siswa sebagai salah satu bentuk model pembelajaran yang mudah dipahami oleh siswa dan menciptakan keefektifan saat proses pembelajaran untuk meningkatkan minat siswa dalam bergerak.

Penelitian pengembangan ini dilakukan menggunakan metode penelitian dan pengembangan (*Research and Development*) Borg and Gall (1983:775) dengan langkah-langkah penelitian sebagai berikut: (1)*research and information collecting*, (2)*planning*, (3)*develop preliminary form of product*, (4)*preliminary field testing* (5)*main product revision*, (6)*main field testing*, (7)*operational product revision*. Uji coba skala kecil dilaksanakan di SMP Negeri 1 Tarutung, dengan sampel sebanyak 30 siswa, diperoleh hasil analisis data 90,6% ”Sangat Layak”. Uji coba skala besar dilaksanakan di SMP Negeri 4 Tarutung, dengan sampel sebanyak 40 siswa, diperoleh analisis data 97.6% ”Sangat Layak”. Instrumen pengumpulan data yang dilakukan menggunakan kuesioner (angket). Teknik analisis data yang dilakukan yaitu teknik kuantitatif.

Hasil penelitian ini berupa model pembelajaran senam ritmik untuk siswa sekolah menengah pertama yang dikemas dalam video. Dari hasil analisis data penilaian para ahli materi, ahli media, ahli tari, guru dan siswa sekolah menengah pertama, dapat ditarik kesimpulan pengembangan senam ritmik tarian etnis sumatera utara “Tasusra” untuk pembelajaran pendidikan jasmani tingkat sekolah menengah pertama ini dinilai baik dan efektif digunakan, sehingga model pembelajaran yang dikembangkan “sangat layak” digunakan.

Kata Kunci : Senam Ritmik, Tarian, *Research and Development*, Kuantitatif

ABSTRACT

Febri Jaya Zalukhu. NIM 6182111003. "Development of North Sumatran "Tasura" Rhythmic Gymnastics for Physical Education Learning at Junior High School Level." (Supervisor: Abdul Harris Handoko S.Pd.,M.Pd) Thesis : Faculty of Sports Science UNIMED 2022

This study aims to produce a rhythmic gymnastic model for junior high school students and determine the feasibility of rhythmic gymnastics to be developed, this gymnastics contains eight ethnic dances of North Sumatra which make this exercise more interesting for students. The rhythmic gymnastics model developed is expected to be used by teachers and students as a form of learning model that is easily understood by students and creates effectiveness during the learning process to increase student interest in moving.

This development research was carried out using the Research and Development method (Research and Development) Borg and Gall (1983:775) with the following research steps: (1) research and information collecting, (2) planning, (3) developing preliminary form of product,(4)preliminary field testing(5)main product revision,(6)main field testing,(7)operational product revision. A small-scale trial was carried out at SMP Negeri 1 Tarutung, with a sample of 30 students, the results of data analysis were 90.6% "Very Eligible". The large-scale trial was carried out at SMP Negeri 4 Tarutung, with a sample of 40 students, the data analysis obtained was 97.6% "Very Eligible". The data collection instrument was carried out using a questionnaire (questionnaire). The data analysis technique used was quantitative technique.

The result of this research is a rhythmic gymnastic learning model for junior high school students which is packaged in a video. From the results of data analysis on the assessment of material experts, media experts, dance experts, teachers and junior high school students, it can be concluded that the development of rhythmic gymnastics for the North Sumatran ethnic dance "Tasusra" for learning physical education at the junior high school level is considered good and effective to use, so that the learning model developed is "very feasible" to use.

Keywords: *Rhythmic Gymnastics,Dance,Research and Development,Quantitative*