

ABSTRAK

Dicky Bastian Simbolon .Pengembangan Instrumen Keterampilan Teknik Dasar Bola Voli Pada Atlet Pekan Olahraga Pelajar Nasional (Popnas) Sumatera Utara”.

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Penelitian ini bertujuan untuk mengembangkan instrumen penilaian keterampilan teknik dasar bola voli yang valid, praktis, dan efektif digunakan untuk menilai kemampuan atlet Pekan Olahraga Pelajar Nasional (POPNAS) Sumatera Utara. Latar belakang penelitian ini adalah belum tersedianya instrumen penilaian keterampilan teknik dasar bola voli yang terstandar dan objektif, sehingga proses evaluasi kemampuan atlet selama latihan masih bersifat subjektif dan belum terukur secara sistematis. Penelitian ini menggunakan metode penelitian dan pengembangan (Research and Development) dengan model ADDIE yang meliputi lima tahap, yaitu: Analysis, Design, Development, Implementation, dan Evaluation. Subjek penelitian terdiri atas dua validator ahli (ahli materi dan ahli bahasa) serta 14 atlet bola voli POPNAS Sumatera Utara. Instrumen penelitian berupa lembar validasi, angket kepraktisan, dan lembar penilaian teknik dasar bola voli. Hasil penelitian menunjukkan bahwa produk instrumen yang dikembangkan memiliki tingkat kelayakan yang sangat baik. Berdasarkan hasil validasi ahli materi diperoleh skor 82,5%, dan hasil validasi ahli bahasa sebesar 94%, dengan rata-rata keseluruhan 88,25% yang termasuk dalam kategori “Sangat Layak.” Hasil uji coba lapangan pada 14 atlet menunjukkan nilai rata-rata 3,44 dengan kategori “Baik,” yang berarti instrumen efektif digunakan untuk menilai kemampuan teknik dasar atlet. Sementara hasil uji kepraktisan oleh pelatih memperoleh skor 89%, termasuk kategori “Sangat Praktis.” kesimpulan nya adalah instrumen penilaian keterampilan teknik dasar bola voli pada atlet POPNAS Sumatera Utara yang dikembangkan ini valid, praktis, dan efektif digunakan. Instrumen ini dapat dijadikan acuan standar bagi pelatih dalam mengevaluasi kemampuan teknik dasar atlet secara objektif, serta menjadi dasar pengembangan program latihan yang lebih terarah dalam pembinaan olahraga bola voli di tingkat pelajar.

Kata Kunci: Pengembangan Instrumen, Teknik Dasar Bola Voli, Atlet POPNAS, ADDIE

ABSTRACT

Dicky Bastian Simbolon .Development of a Basic Volleyball Skill Assessment Instrument for Athletes of the National Student Sports Week (POPNAS) of North Sumatra.

This research aims to develop a **basic volleyball skill assessment instrument** that is valid, practical, and effective for evaluating the abilities of athletes participating in the **National Student Sports Week (POPNAS) of North Sumatra**. The background of this study lies in the absence of a standardized and objective instrument to assess the fundamental volleyball skills of student athletes, causing evaluations during training to remain subjective and inconsistent. This study employed a **Research and Development (R&D)** method using the **ADDIE model**, which consists of five stages: *Analysis*, *Design*, *Development*, *Implementation*, and *Evaluation*. The subjects of this research included two expert validators (material expert and language expert) and **14 volleyball athletes from POPNAS North Sumatra**. The results showed that the developed instrument achieved a very good level of validity and practicality. The validation by the material expert obtained a score of 82.5%, while the language expert's validation reached 94%, with an overall average of 88.25%, categorized as "*Highly Feasible*." The field implementation test with 14 athletes yielded an average score of 3.44 (Good Category), indicating that the instrument is effective for assessing athletes' basic volleyball skills. Furthermore, the practicality test by coaches obtained a score of 89%, which falls under the "*Very Practical*" category. In conclusion, the basic volleyball skill assessment instrument developed for POPNAS North Sumatra athletes is valid, practical, and effective to be used as a standardized evaluation tool. This instrument can serve as a reference for coaches to assess athletes' technical abilities objectively and as a foundation for designing more targeted and structured training programs in volleyball development at the student level.

Keywords: Development, Assessment Instrument, Basic Volleyball Skills, POPNAS Athletes, ADDIE