

ABSTRAK

Rizki Pratama Manik Nim 6213311003 “Peningkatan Hasil Belajar *Passing* Atas Bola Voli Melalui Penerapan Gaya Mengajar *Distributed Practice* pada Siswa/I SMA NEGERI 2 PERCUT SEI TUAN”

(Pembimbing: Doris Apriani Ritonga, S.Psi., M.A.)

Skripsi: FAKULTAS ILMU KEOLAHRAGAAN 2025

Penelitian ini bertujuan untuk mengetahui apakah dengan menerapkan gaya mengajar *Distributed Practice* dapat meningkatkan hasil belajar pada siswa/i kelas XI-A SMA Negeri 2 Percut Sei Tuan pada tahun ajaran 2025/2026. Subjek penelitian yaitu siswa/i di kelas XI-A yang berjumlah 34 orang. Penelitian ini menggunakan Penelitian Tindakan Kelas (PTK) yang prosesnya dilakukan dalam dua siklus, dengan tes hasil belajar di setiap akhir siklus. Pengumpulan data dilakukan melalui observasi dengan tiga aspek penilaian: afektif, kognitif, dan psikomotorik, serta didukung dokumentasi. Data dianalisis dengan menghitung nilai tiap aspek: afektif (30), kognitif (20), dan psikomotorik (50), ketuntasan individu dan klasikal, serta rata-rata hasil belajar setiap siklus.

Pada saat penilain Siklus I dengan jumlah siswa/i 34 orang, dengan rata rata (56,77 %) yang berarti belum mencapai ketuntasan klasikal (<75). Namun dari 3 Aspek penilaian tersebut ada beberapa siswa/i yang mencapai ketuntasan yaitu: (1) Sikap (Afektif) 22 siswa/i (64,71%), pengetahuan (kognitif) 8 siswa/i (23,53%), dan gerak (Psikomotorik) 6 siswa/i (64,71%) yang jika ditotalkan dari ketiga aspek belum ada siswa/i yang mencapai ketuntasan dengan KKM 75.. Pada hasil Siklus II, setelah penerapan gaya mengajar *Distributed Practice* dengan variasi pembelajaran yang dilatih secara berulang, terjadi peningkatan hasil belajar yang signifikan. Sebanyak 23 siswa mencapai ketuntasan dengan rata-rata kelas (78,48%), sementara 11 siswa (dengan rata-rata kelas 32,35%) belum tuntas. Peningkatan ini dapat dilihat dari perbandingan hasil rata-rata antara Siklus I dan Siklus II yang menunjukkan kenaikan sebesar 8,59 poin, yang berarti ada peningkatan yang jelas antara kedua siklus tersebut.

Berdasarkan hasil penelitian tindakan kelas yang dilaksanakan, dapat disimpulkan bahwa penerapan gaya mengajar *Distributed Practice* efektif dalam meningkatkan hasil belajar passing atas bola voli siswa/i kelas XI-A SMA Negeri 2 Percut Sei Tuan. Peningkatan tersebut terlihat pada aspek afektif, kognitif, dan psikomotorik, serta ditunjukkan oleh meningkatnya rata-rata kelas dan ketuntasan belajar secara klasikal dari siklus I ke siklus II hingga melampaui Kriteria Ketuntasan Minimal (KKM).

Kata Kunci: *Passing* atas bola voli, *Distrubuted Practice*, Hasil belajar, PTK

ABSTRACT

Rizki Pratama Manik Nim 6213311003 “Peningkatan Hasil Belajar *Passing* Atas Bola Voli Melalui Penerapan Gaya Mengajar *Distributed Practice* pada Siswa/I SMA NEGERI 2 PERCUT SEI TUAN”
(Advisor: Doris Apriani Ritonga, S.Psi., M.A.)
Thesis: FACULTY OF SPORT SCIENCES 2025

This study aims to determine whether applying the Distributed Practice teaching style can improve learning outcomes in class XI-A students at SMA Negeri 2 Percut Sei Tuan in the 2025/2026 academic year. The research subjects were 34 students in class XI-A. This study uses Classroom Action Research (CAR), which is conducted in two cycles, with learning outcome tests at the end of each cycle. Data collection was conducted through observation with three assessment aspects: affective, cognitive, and psychomotor, supported by documentation. The data were analyzed by calculating the scores for each aspect: affective (30), cognitive (20), and psychomotor (50), individual and classical mastery, and the average learning outcomes for each cycle.

During Cycle I assessment, with 34 students, the average score was 56.77%, which means that classical mastery (<75) has not been achieved. However, from the three assessment aspects, there were several students who achieved mastery, namely: (1) Attitude (Affective) 22 students (64.71%), knowledge (Cognitive) 8 students (23.53%), and Movement (Psychomotor) 6 students (64.71%). When totaled from the three aspects, no student has achieved mastery with a minimum passing grade of 75. In the results of Cycle II, after applying the Distributed Practice teaching style with variations in learning that were practiced repeatedly, there was a significant increase in learning outcomes. A total of 23 students achieved mastery with a class average of 78.48%, while 11 students (with a class average of 32.35%) did not achieve mastery. This improvement can be seen from a comparison of the average results between Cycle I and Cycle II, which shows an increase of 8.59 points, meaning that there was a clear improvement between the two cycles.

Based on the results of the classroom action research conducted, it can be concluded that the application of the Distributed Practice teaching style is effective in improving the passing results of grade XI-A students at SMA Negeri 2 Percut Sei Tuan in volleyball. This improvement was seen in the affective, cognitive, and psychomotor aspects, as well as demonstrated by an increase in the class average and classical learning completeness from cycle I to cycle II, exceeding the Minimum Completeness Criteria (KKM).

Keywords: Volleyball passing, Distributed Practice, Learning outcomes, PTK