

ABSTRAK

HARLY NUGRAHA (NIM 8226118002). "Pengembangan Media Latihan Kecepatan Reaksi Penjaga Gawang Sepak Bola Usia 12-14 Tahun."

(Pembimbing : Prof. Dr. Sanusi Hasibuan, M.Kes Dr. Amir Supriadi, M.Pd)

Tesis. Medan : Pasca Sarjana, Pendidikan Olahraga, Universitas Negeri Medan. 2025

Penelitian ini diarahkan untuk mengembangkan media latihan yang sesuai dan layak digunakan dalam meningkatkan kecepatan reaksi penjaga gawang sepak bola usia 12–14 tahun. Metode yang digunakan adalah penelitian pengembangan atau Research and Development (R&D) yang dilaksanakan melalui beberapa tahapan, meliputi pencarian dan pengumpulan data, perencanaan, pengembangan produk awal, uji coba lapangan awal, revisi hasil uji coba awal, uji coba lapangan utama, revisi produk operasional, uji coba lapangan operasional, hingga revisi produk akhir. Media latihan kecepatan reaksi penjaga gawang yang dirancang untuk digunakan secara mandiri maupun berkelompok terlebih dahulu divalidasi oleh ahli materi, ahli media, dan ahli sepak bola. Uji coba produk melibatkan pemain dari SSB Siantar City dan SSB Marihat Utama dengan total 15 responden, yang terdiri atas 5 responden pada uji coba lapangan utama dan 10 responden pada uji coba lapangan operasional. Pengumpulan data dilakukan menggunakan instrumen berupa angket. Hasil penelitian menunjukkan bahwa media latihan kecepatan reaksi penjaga gawang yang dikembangkan dinyatakan layak untuk digunakan dalam latihan sepak bola. Hal ini didukung oleh hasil validasi yang diperoleh, yaitu penilaian ahli materi sebesar 87,05% (layak), ahli media sebesar 88% (layak), ahli sepak bola sebesar 88% (layak), uji coba lapangan utama sebesar 78% (layak), serta uji coba lapangan operasional sebesar 80,00% (layak). Produk yang dihasilkan berupa media latihan kecepatan reaksi penjaga gawang yang bersifat portabel dan dapat dibongkar pasang sesuai kebutuhan latihan bagi anak usia 12–14 tahun dalam permainan sepak bola. Berdasarkan hasil penelitian dan pembahasan, dapat disimpulkan bahwa telah berhasil dikembangkan sebuah media latihan yang berfungsi untuk mendukung, membantu, dan meningkatkan kemampuan reaksi penjaga gawang dalam permainan sepak bola. Media yang dihasilkan terbukti layak, sesuai, dan dapat dimanfaatkan sebagai sarana penunjang latihan kecepatan reaksi penjaga gawang.

Kata Kunci : Media, Latihan, Kecepatan Reaksi, Penjaga Gawang, Sepak bola

ABSTRACT

HARLY NUGRAHA (Student ID 8226118002). —Development of Reaction Speed Training Media for Soccer Goalkeepers Aged 12–14 Years. (Supervisors: Prof. Dr. Sanusi Hasibuan, M.Kes; Dr. Amir Supriadi, M.Pd) Thesis. Medan: Postgraduate Program, Sports Education, Universitas Negeri Medan. 2025

This study was aimed at developing an appropriate and feasible training medium to improve the reaction speed of soccer goalkeepers aged 12–14 years. The method employed was Research and Development (R&D), which was carried out through several stages, including data searching and collection, planning, initial product development, preliminary field testing, revision of preliminary field test results, main field testing, operational product revision, operational field testing, and final product revision. The goalkeeper reaction speed training media, designed for both individual and group use, were first validated by subject-matter experts, media experts, and soccer experts. Product trials involved players from SSB Siantar City and SSB Marihat Utama, with a total of 15 respondents, consisting of 5 respondents in the main field test and 10 respondents in the operational field test. Data were collected using questionnaires. The results showed that the developed goalkeeper reaction speed training media were deemed feasible for use in soccer training. This was supported by validation results, namely material expert assessment of 87.05% (feasible), media expert assessment of 88% (feasible), soccer expert assessment of 88% (feasible), main field test results of 78% (feasible), and operational field test results of 80.00% (feasible). The resulting product is a portable goalkeeper reaction speed training medium that can be assembled and disassembled according to training needs for children aged 12–14 years in soccer. Based on the research findings and discussion, it can be concluded that a training medium has been successfully developed to support, assist, and enhance the reaction ability of goalkeepers in soccer. The developed media are proven to be feasible, appropriate, and applicable as a supporting tool for goalkeeper reaction speed training.

Keywords : Media, Training, Reaction Speed, Goalkeeper, Soccer