

ABSTRAK

Ronaldo Sagala, NIM. 6221111009 Jurusan Pendidikan Jasmani Kesehatan Dan Rekreasi Dengan Judul “Pengaruh Model Problem Based Learning (PBL) Tentang Konsep Gerak Terhadap Hasil Belajar Lari Sprint 100 Meter Siswa Kelas X Di SMAN 2 Percut Sei Tuan”. (Dosen Pembimbing Skripsi. Suprayitno. Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh model Problem Based Learning (PBL) tentang konsep gerak terhadap hasil belajar lari sprint 100 meter siswa kelas X SMA Negeri 2 Percut Sei Tuan.

Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen semu menggunakan desain One Group Pretest–Posttest Design. Populasi penelitian adalah seluruh siswa kelas X SMA Negeri 2 Percut Sei Tuan yang berjumlah 288 siswa, sedangkan sampel penelitian adalah siswa kelas X-G yang berjumlah 35 siswa yang dipilih menggunakan teknik cluster random sampling. Instrumen penelitian menggunakan lembar penilaian konsep gerak dan tes keterampilan lari sprint 100 meter. Teknik analisis data dilakukan melalui uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji-t dengan bantuan program SPSS.

Hasil penelitian menunjukkan bahwa nilai rata-rata pretest sebesar 31,11 dan meningkat pada posttest sebesar 53,49 setelah diberikan perlakuan menggunakan model Problem Based Learning berbasis konsep gerak. Hasil uji normalitas menunjukkan data berdistribusi normal dengan nilai signifikansi 0,100 sedangkan uji homogenitas menunjukkan data homogen dengan nilai signifikansi 0,903. Hasil uji hipotesis menunjukkan bahwa t hitung sebesar 22,184 lebih besar dari t tabel sebesar 1,691, sehingga hipotesis penelitian diterima. Dengan demikian dapat disimpulkan bahwa model Problem Based Learning tentang konsep gerak berpengaruh signifikan terhadap peningkatan hasil belajar lari sprint 100 meter siswa kelas X SMA Negeri 2 Percut Sei Tuan.

Kata kunci: *Problem Based Learning*, konsep gerak, hasil belajar, lari sprint 100 meter.

ABSTRACT

Ronaldo Sagala, Student ID Number 6221111009, Department of Physical Education, Health, and Recreation, entitled "The Effect of the Problem-Based Learning (PBL) Model on the Concept of Motion on the Learning Outcomes of 10th-Grade Students at SMAN 2 Percut Sei Tuan." (Thesis Supervisor: Suprayitno.) Thesis: Faculty of Sport Science, State University of Medan 2026.

This study aims to determine the effect of the Problem-Based Learning (PBL) model on the concept of motion on the learning outcomes of 100-meter sprint students of SMA Negeri 2 Percut Sei Tuan.

This study employed a quantitative approach with a quasi-experimental method using a One Group Pretest–Posttest Design. The study population was all 288 10th-grade students of SMA Negeri 2 Percut Sei Tuan, while the sample was 35 10th-grade students selected using cluster random sampling. The research instruments used a motion concept assessment sheet and a 100-meter sprint skills test. Data analysis was conducted through normality tests, homogeneity tests, and hypothesis testing using the t-test using SPSS.

The results showed that the average pretest score was 31.11, increasing to 53.49 in the posttest after treatment using the Problem-Based Learning model based on the concept of motion. The normality test showed that the data were normally distributed with a significance value of 0.100, while the homogeneity test showed that the data were homogeneous with a significance value of 0.903. The results of the hypothesis test show that the calculated t of 22.184 is greater than the t table of 1.691, so the research hypothesis is accepted. Thus, it can be concluded that the Problem Based Learning model on the concept of motion has a significant effect on improving the learning outcomes of 100-meter sprint running for class X students of SMA Negeri 2 Percut Sei Tuan.

Keywords: Problem-Based Learning, motion concepts, learning outcomes, 100-meter sprint.