

ABSTRAK

YUSFI LAILY PASARIBU. Pengaruh Senam Etnis Melayu terhadap Kelenturan Siswa Kelas V SDN 112268 Gunung Lonceng Kabupaten Labuhanbatu Utara. Skripsi. Medan: Fakultas Ilmu Pendidikan. Universitas Negeri Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh senam etnis Melayu terhadap kelenturan tubuh siswa kelas V SDN 112268 Gunung Lonceng Kabupaten Labuhan batu Utara. Penelitian menggunakan pendekatan kuantitatif dengan metode quasi eksperimen dan desain *pre-test* dan *post-test*. Populasi penelitian adalah seluruh siswa kelas V yang berjumlah 40 orang dan seluruhnya dijadikan sampel dengan teknik purposive sampling. Instrumen penelitian berupa tes kelenturan *sit and reach* yang telah diuji validitas dan reliabilitasnya. Data dianalisis menggunakan uji normalitas, uji homogenitas, dan uji *paired sample t-test* berbantuan SPSS 22.0. Hasil analisis data menunjukkan bahwa senam etnis Melayu memberikan pengaruh yang signifikan terhadap peningkatan kelenturan tubuh siswa kelas V SDN 112268 Gunung Lonceng Kabupaten Labuhanbatu Utara, sehingga hipotesis alternatif dapat diterima ($p < 0,05$). Dengan demikian, dapat disimpulkan bahwa senam etnis Melayu berpengaruh signifikan terhadap peningkatan kelenturan tubuh siswa kelas V SDN 112268 Gunung Lonceng Kabupaten Labuhanbatu Utara.

Kata Kunci: Senam Etnis Melayu, Kelenturan, Pendidikan Jasmani.

ABSTRACT

YUSFI LAILY PASARIBU. The Effect of Malay Ethnic Gymnastics on Flexibility of Fifth Grade Students at SDN 112268 Gunung Lonceng, Labuhan batu Utara. Skripsi. Medan : Faculty of Education. State University of Medan. 2026.

This study aimed to examine the effect of Malay ethnic gymnastics on the body flexibility of fifth-grade students at SDN 112268 Gunung Lonceng, Labuhanbatu Utara. The research employed a quantitative approach using a quasi-experimental method with a pre-test and post-test design. The population consisted of all fifth-grade students totaling 40 students, all of whom were selected as the research sample using purposive sampling. The research instrument was the sit and reach flexibility test, which had been tested for validity and reliability. Data were analyzed using normality tests, homogeneity tests, and a paired sample t-test with SPSS 22.0. The results of data analysis indicate that Malay ethnic gymnastics has a significant effect on improving the body flexibility of fifth-grade students at SDN 112268 Gunung Lonceng, North Labuhanbatu Regency; therefore, the alternative hypothesis is accepted ($p < 0.05$). Thus, it can be concluded that Malay ethnic gymnastics significantly influences the improvement of body flexibility among fifth-grade students at SDN 112268 Gunung Lonceng, North Labuhan batu Regency.

Keywords: Malay Ethnic Gymnastics, Flexibility, Physical Education.