

ABSTRAK

**DHEA PUSPITA. “Pengaruh Gaya Mengajar Resiprokal Terhadap Hasil Belajar Tendangan Sabit Pada Santriwati Kelas X Pesantren Modern Nurul Hakim Tahun 2024”.(Pembimbing Skripsi : SUHARJO)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2025**

Penelitian ini bertujuan untuk mengetahui seberapa besar pengaruh gaya mengajar resiprokal terhadap hasil belajar tendangan sabit pencak silat pada santriwati kelas X Pesantren Modern Nurul Hakim. Penelitian ini dilakukan di Pesantren Modern Nurul Hakim mulai dari tanggal 06 November 2024 sampai tanggal 13 November 2024. Penelitian ini melibatkan 30 santriwati sebagai sampel, yang dipilih menggunakan teknik sampel jenuh. Metode yang digunakan adalah metode kuantitatif quasi eksperimen, mengadopsi desain penelitian pre-test dan post-test one group design. Instrumen penelitian berupa lembar portofolio. Analisis data dalam penelitian ini mencakup uji prasyarat, uji normalitas, uji homogenitas, serta uji hipotesis.

Hasil uji prasyarat menunjukkan bahwa data *pre-test* dan *post-test* berdistribusi normal, sehingga dapat digunakan uji statistik parametrik. Uji normalitas dengan One-Sample Shapiro-Wilk menghasilkan nilai $p > 0,05$, menandakan bahwa data terdistribusi normal. Uji homogenitas varians menggunakan Levene's Test memberikan nilai $p = 0,839$, yang melebihi $0,05$, sehingga varians antara kelompok pre-test dan post-test dianggap homogen. Dengan terpenuhinya asumsi normalitas dan homogenitas varians, analisis dilakukan menggunakan *Paired Samples t-test* untuk mengukur perbedaan antara *pre-test* dan *post-test*. Hasil uji-t menunjukkan nilai $-25,740$ yang lebih kecil dari $\alpha = 0,05$, sehingga terdapat perbedaan yang signifikan antara pre-test dan post-test, dengan rata-rata peningkatan sebesar $-16,500$.

Berdasarkan hasil tersebut, dapat disimpulkan bahwa penerapan gaya mengajar resiprokal memiliki pengaruh yang signifikan dalam meningkatkan hasil belajar tendangan sabit pada santriwati kelas X-A Pesantren Modern Nurul Hakim tahun 2024.

Kata Kunci: *Gaya Mengajar Resiprokal, Hasil Belajar, Tendangan Sabit, Pencak Silat*

ABSTRACT

**DHEA PUSPITA. “The Effect Of Reciprocal Teaching Style On The Learning Outcomes Of Side Kicks In Class X Students Of Modern Pesantren Nurul Hakim In 2024”.(Pembimbing Skripsi : SUHARJO)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2025**

This research aims to find out how much influence the reciprocal teaching style has on the learning outcomes of pencak silat side kicks in class X students of Pesantren Modern Nurul Hakim. This research was conducted at Pesantren Modern Nurul Hakim starting from November 06, 2024 to November 13, 2024. This study involved 30 female students as samples, which were selected using saturated sample technique. The method used was quantitative quasi-experimental method, adopting pre-test and post-test one group design. The research instrument was a portfolio sheet. Data analysis in this research includes prerequisite test, normality test, homogeneity test, and hypothesis test.

The prerequisite test results showed that the pre-test and post-test data were normally distributed, so parametric statistical tests could be used. The normality test with One-Sample Shapiro-Wilk resulted in a p value > 0.05 , indicating that the data was normally distributed. The variance homogeneity test using Levene's Test gave a p value = 0.839, which exceeds 0.05, so the variance between the pre-test and post-test groups is considered homogeneous. With the assumptions of normality and homogeneity of variance fulfilled, the analysis was conducted using Paired Samples t-test to measure the difference between pre-test and post-test. The results of the t-test showed a value -25,740, which is smaller than $\alpha = 0.05$, so there is a significant difference between the pre-test and post-test, with an average increase of -16.500.

Based on these results, it can be concluded that the application of the reciprocal teaching style has a significant effect in improving the learning outcomes of sickle kicks in class X-A students of Pesantren Modern Nurul Hakim in 2024.

Key Words : *Reciprocal Teaching Style, Learning Outcomes, Scythe Kick, Pencak Silat*