

ABSTRAK

Imam Abdi. NIM (6192111002). "Pengembangan Model Variasi Latihan Teknik Tarung Olahraga Beladiri Tarung Derajat." (Pembimbing: Bangun Setia Hasibuan S.Pd., M.Or) Skripsi: Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2024.

Penelitian ini bertujuan untuk menghasilkan model variasi latihan teknik tarung pada atlet dan mengetahui kelayakan model variasi yang dikembangkan, model variasi latihan yang dikembangkan berjumlah dua belas yang membuat teknik tarung lebih menarik dan tidak monoton terhadap atlet. Model variasi latihan teknik tarung yang dikembangkan dapat digunakan oleh pelatih dan atlet sebagai salah satu bentuk model latihan yang mudah dipahami oleh atlet dan menciptakan keefektifan saat proses latihan untuk meningkatkan minat dan semangat atlet dalam berlatih.

Penelitian pengembangan ini dilakukan menggunakan metode penelitian dan pengembangan (*Research and Development*) ADDIE dengan langkah-langkah penelitian sebagai berikut: (1) *Analysis*, (2) *Desain*, (3) *Development*, (4) *Implementation*, (5) *Evaluation*. Uji coba skala kecil dilaksanakan di UKM Tarung derajat, dengan sampel sebanyak 8 atlet, diperoleh hasil analisis data 85% "Layak". Uji coba skala besar dilaksanakan di UKM Tarung Derajat Sumut dengan sampel sebanyak 15 atlet, diperoleh analisis data 94% "Sangat Layak". Instrumen pengumpulan data yang dilakukan menggunakan kuesioner (angket). Teknik analisis data yang dilakukan yaitu teknik kuantitatif.

Hasil penelitian ini berupa model variasi latihan teknik tarung pada atlet tarung derajat yang dikemas dalam video dan model latihan yang saya kembangkan sendiri. Dari hasil analisis data penilaian para ahli olahraga, ahli pelatih, pelatih dan atlet, dapat ditarik kesimpulan pengembangan model variasi latihan teknik tarung ini dinilai baik dan efektif digunakan, sehingga model variasi latihan yang dikembangkan "Sangat Layak" digunakan.

Kata Kunci: Teknik Tarung, Tarung derajat, *Research and Development*, Kuantitatif

ABSTRACT

Imam Abdi. NIM (6192111002). "Development of a Variation Model of Fighting Technique Training for the Tarung Derajat martial arts sport." (Supervisor: Bangun Setia Hasibuan S.Pd., M.Or) Thesis: Faculty of Sports Science, Medan State University 2024.

This research aims to produce models of training variations in fighting techniques for athletes and determine the feasibility of the variation models developed. There are twelve training variation models developed which make fighting techniques more interesting and not monotonous for athletes. The developed fighting technique training variation model can be used by coaches and athletes as a form of training model that is easy for athletes to understand and creates effectiveness during the training process to increase athletes' interest and enthusiasm in training.

This development research was carried out using the ADDIE research and development method with the following research steps: (1) Analysis, (2) Design, (3) Development, (4) Implementation, (5) Evaluation. A small-scale trial was carried out at UKM Tarungdegree, with a sample of 8 athletes, the data analysis results obtained were 85% "Feasible". Large-scale trials were carried out at UKM Tarung DerajatT North Sumatra with a sample of 15 athletes, data analysis obtained 94% "Very Feasible". The data collection instrument was carried out using a questionnaire. The data analysis technique used is a quantitative technique.

The results of this research are models of variations in fighting technique training for advanced fighting athletes which are packaged in videos and training models that I developed myself. From the results of data analysis of assessments by sports experts, coach experts, trainers and athletes, it can be concluded that the development of this fighting technique training variation model is considered good and effective to use, so that the training variation model developed is "Very Appropriate" for use.

Keywords: Fighting Techniques, Fighting Degrees, Research and Development, Quantitative