ABSTRAK

AHMAD ALWI SIREGAR, NIM 6212510008, "Pengaruh Permainan Tradisional Gobak Sodor Terhadap Kelincahan Siswa Kelas V SD Negeri 130012 Kota Tanjungbalai.
(Pembimbing: Novita Sari Harahap)
Skripsi : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh permainan tradisional gobak sodor terhadap kelincahan siswa kelas V SD Negeri 130012 Kota Tanjungbalai. Penelitian menggunakan pendekatan kuantitatif dengan metode *quasi eksperimen*, khususnya desain *one group pre-test post-test*. Penelitian ini melibatkan 29 siswa yang dipilih melalui teknik *total sampling*.

Penelitian ini dilakukan di lapangan sekolah SD Negeri 130012 Kota Tanjungbalai pada bulan Mei hingga bulan Juni 2025. Sampel melaksanakan tes *shuttle run* test pada saat *pre-test* untuk mengukur tingkat kelincahan sebelum perlakuan. Setelah mengetahui tingkat kelincahan pada sampel, sampel akan diberikan perlakuan permainan tradisional gobak sodor 3 kali seminggu dalam jangka waktu 6 minggu. Kemudian dilakukan *post-test* untuk mengukur tingkat kelincahan menggunakan instrumen tes *shuttle run* setelah perlakuan permainan tradisional gobak sodor. Teknik analisis data menggunakan uji *paired sample t-tes*t.

Berdasarkan hasil penelitian yang diperoleh menggunakan uji paired sample t-test menunjukkan bahwa nilai signifikansinya adalah sebesar 0,00 P< 0,05, sehingga dapat disimpulkan bahwa ada pengaruh permainan tradisional gobak sodor terhadap kelincahan siswa kelas V SD Negeri 130012 Kota Tanjungbalai.

Kata kunci : Permainan tradisional, gobak sodor, Kelincahan

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ABSTRACT

AHMAD ALWI SIREGAR, NIM 6212510008, "The Effect of the Traditional Game Gobak Sodor on the Agility of Fifth Grade Students at SD Negeri 130012 in Tanjungbalai City."
(Guide : Novita Sari Harahap)
Skripsi : Faculty of Sports Science, State University of Medan, 2025.

This study aims to determine the effect of the traditional game Gobak Sodor on the agility of fifth-grade students at SD Negeri 130012 in Tanjungbalai City. The research uses a quantitative approach with a quasi-experimental method, specifically the one-group pre-test post-test design. This study involved 29 students selected through the total sampling technique.

This research was conducted on the school field of SD Negeri 130012 in Tanjungbalai City from May to June 2025. The sample performed a shuttle run test during the pre-test to measure agility levels before the treatment. After identifying the agility level of the sample, the traditional game Gobak Sodor was administered as a treatment three times a week over a period of six weeks. A post-test was then conducted to measure the agility level using the shuttle run test instrument after the traditional game Gobak Sodor treatment. The data analysis technique used was the paired sample t-test.

Based on the results of the study using the paired sample t-test, the significance value obtained was 0.00 P< 0.05, thus it can be concluded that there is an effect of the traditional game Gobak Sodor on the agility of fifth-grade students at SD Negeri 130012 in Tanjungbalai City.

Keywords: Traditional Game, Gobak Sodor, Agility

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