ABSTRAK

Zainul Ilham.“Pengembangan Media Pembelajaran Shooting Permainan Bola Basket di Kelas X MAN 1 Medan Berbasis Audio Visual”
Skripsi : Pendidikan Jasmani Kesehatan dan Rekreasi. Universitas Negeri Medan, 2025.

Penelitian ini bertujuan untuk mengembangkan media pembelajaran berbasis audio visual pada materi shooting dalam permainan bola basket bagi siswa kelas X di MAN 1 Medan. Latar belakang dari penelitian ini adalah rendahnya motivasi dan partisipasi aktif siswa dalam mengikuti pembelajaran PJOK, khususnya pada materi shooting bola basket. Metode pengajaran konvensional yang kurang melibatkan media interaktif menyebabkan siswa cepat bosan dan tidak fokus. Penelitian ini menggunakan pendekatan Research and Development (R&D) dengan model Borg and Gall, yang mencakup tahapan analisis kebutuhan, perencanaan, pengembangan produk awal, uji coba terbatas, revisi, dan implementasi. Produk yang dikembangkan berupa video tutorial teknik shooting bola basket dengan pendekatan teknik BEEF (Balance, Eyes, Elbow, Follow-through), serta variasi latihan seperti free throw, chest pass + shooting, dan jump shoot man to man. Berdasarkan hasil uji coba, media pembelajaran yang dikembangkan menunjukkan tingkat efektivitas sebesar 87,54%, yang tergolong dalam kategori sangat valid dan layak digunakan dalam proses pembelajaran. Media ini terbukti mampu meningkatkan keterampilan shooting siswa secara signifikan, memperjelas pemahaman teknik dasar bola basket, serta meningkatkan motivasi belajar siswa karena penyampaian materi menjadi lebih menarik, interaktif, dan mudah diakses melalui perangkat digital. Dengan demikian, media pembelajaran audio visual ini menjadi alternatif inovatif yang efektif untuk mendukung pembelajaran PJOK yang lebih bermakna dan menyenangkan.

Kata Kunci: Pengembangan media, audio visual, shooting, bola basket, pembelajaran PJOK

ABSTRACT

Zainul Ilham. "Development of Audio Based Learning Media for Basketball Shooting in Grade X at MAN 1 Medan"
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This study aims to develop an audio-visual-based learning media for teaching basketball shooting techniques to 10th-grade students at MAN 1 Medan. The background of this research lies in the low motivation and engagement of students in Physical Education (PE) classes, especially in the basketball shooting material. The conventional teaching method, which lacks the use of interactive media, causes students to become bored and lose focus easily. This study adopts a Research and Development (R&D) approach using the Borg and Gall model, which includes stages such as needs analysis, planning, product development, limited trials, revisions, and implementation. The developed product is a tutorial video on basketball shooting techniques that follows the BEEF method (Balance, Eyes, Elbow, Follow-through), complemented by training variations such as free throws, chest pass + shooting, and jump shot man-to-man. Based on trial results, the developed learning media demonstrated an effectiveness rate of 87.54%, which falls into the very valid category and is suitable for instructional use. This media has proven to significantly enhance students' shooting skills, clarify their understanding of basketball fundamentals, and increase learning motivation due to its engaging, interactive format that can be easily accessed via digital devices. Therefore, this audio-visual learning media serves as an effective and innovative solution to improve the quality of PE instruction, particularly in technical skill development.

Keywords: Media development, audio visual, shooting, basketball, physical education learning