CHAPTER V

CONCLUSIONS AND SUGGESTIONS

5.1 Conclusions

From the results of research conducted on the cycle I and cycle II, the results of hypothesis testing and discussion of research results then can be drawn the following conclusions:

1. The result of the observation activities of teacher in cycle I is 64 with the pretty good category and the result of the observation activities of students in cycle I is 42.85 with not good category.
2. Observation results of assessment of students' attitude in cycle I pointed out there is no category of students with excellent, 20 students with a good category (value 78-89), 7 students with a pretty good category (value 66-77), and 9 students with not good category (value ≤ 65). The average value of a class attitude assessment has been obtained on a cycle I is 74.31.
3. The results of the assessment of students' knowledge on a cycle I pointed out there is 1 student with excellent category (value 90-100), 15 students with good category (value 78-89), 12 students with a pretty good category (value 66-77), and 8 students with not good category (value ≤ 65). The average value of a class attitude assessment has been obtained on a cycle I is 73.82.

4. Students' learning achievement in cycle I in doing the movement of forward roll is still low. Of the 36 students there were 20 students (55.56%) who have reached the completeness in learning, while 16 students (44.44%) have not yet reached completeness in learning. With an average value of students' learning achievement are 69.18.
5. The result of the observation activities of teacher in cycle II is 93 with the excellent category and the result of the observation activities of students in cycle II was 88.09 also with the excellent category.
6. Observation results of assessment of students' attitude in cycle II pointed out there are 4 students with excellent category (value 90-100), 21 students with a good category (value 78-89), 9 students with a pretty good category (value 66-77), and 2 students with not good category (value ≤ 65). The average value of a class attitude assessment has been obtained on a cycle II is 80.73.
7. The results of the assessment of students' knowledge on a cycle II pointed out there are 4 students with excellent category (value 90-100), 26 students with good category (value 78-89), 3 students with a pretty good category (value 66-77), and 3 students with not good category (value ≤ 65). The average value of a class attitude assessment has been obtained on a cycle II is 81.16.
8. The learning achievement of cycle II in classical has already escalate. Of the 36 students there are 32 students (88.89%) who have achieved completeness in learning, while 4 students (11.11%) have not yet reached completeness in

learning. With the average value of the student' learning achievement is 85.79.

9. There is a significant increase from the learning achievement of cycle I and cycle II, which obtained at the value of Wilxocon Matched pairs test 0.000 < 0.05.
10. The implementation of problem based learning model and scientific approach can increase students' forward roll achievement in class X-MIA 2 SMA Negeri 1 Rantau Utara of A.Y. 2017/2018.

5.2 Suggestions

As for the suggestions that can be given of researcher are as follows:

1. Recommended to the Teachers of physical education at SMA Negeri 1 Rantau Utara to consider the use of problem based learning model and scientific approach to increase students' learning achievement in learning forward roll to the next.
2. Advisable to physical education Teachers to pay more attention and developed this problem based learning model and scientific approach, so that learning can be run more effectively and the expected learning goals can be achieved.
3. From the results of the research found many students still awkward with the problem based learning model and scientific approach, therefore it is recommended to the Teachers of physical education in order to do the learning by using problem based learning model and scientific approach in hopes of

motivating students to more excitement in learning and be able to think critically about a technique of movement.

4. To friends as student FIK UNIMED in order to try to do a class action Research (PTK) using problem based learning model and scientific approach on the other material.
5. As for the reference materials that will conduct research with almost the same theme.