

ABSTRAK

Rian Handika. **Pengembangan Video Instruksional Model Latihan *Dribble* Langsung *Jump Shoot* pada Olahraga Bola Basket**. Tesis. Medan: Program Studi Pendidikan Olahraga, Pascasarjana Universitas Negeri Medan, 2019.

Penelitian ini bertujuan mengembangkan video instruksional model latihan *dribble* langsung *jump shoot* pada olahraga bola basket. Jenis penelitian adalah *Research and Development*. Produk yang dikembangkan berupa media video instruksional model latihan *dribble* langsung *jump shoot* pada olahraga bola basket. Media latihan dikemas ke dalam DVD. Subjek penelitian terdiri dari 4 orang ahli materi, 4 orang ahli media, 2 orang ahli pembelajaran, 4 orang pelatih bola basket, 25 orang atlet untuk uji coba kelompok kecil, dan 78 orang atlet untuk uji coba lapangan. Instrumen penelitian adalah angket dengan skala *likert* dan telah divalidasi. Hasil penelitian menunjukkan bahwa penilaian dari ahli materi pada tahap I diperoleh rerata yaitu 70,00%, maka rerata nilai yang diperoleh termasuk dalam kriteria “layak”. Pada tahap II diperoleh persentase rerata nilai 86,25% maka termasuk dalam kriteria “sangat layak”. Dari ahli media diperoleh rerata nilai pada tahap I sebesar 72,82% maka termasuk kriteria “layak”, dan pada tahap II diperoleh rerata sebesar 81,88% maka termasuk kriteria “sangat layak”. Selanjutnya penilaian dari ahli pembelajaran pada tahap I diperoleh rerata 76,25% termasuk kriteria “layak”, pada tahap II diperoleh rerata nilai 83,75% termasuk kriteria “sangat layak”. Kemudian penilaian dari pelatih pada tahap I diperoleh rerata 75,52% termasuk kriteria “layak”, dan pada tahap II diperoleh rerata 85,42% termasuk kriteria “sangat layak”. Hasil dari uji coba kelompok kecil diperoleh hasil bahwa video instruksional termasuk “sangat layak” dengan rerata skor penilaian sebesar 87,09%, dan dari uji coba lapangan hasilnya adalah “sangat layak” dengan rerata skor penilaian sebesar 91,19%. Produk yang telah layak, diterapkan pada 10 atlet untuk melihat pengaruh media latihan video instruksional terhadap kemampuan *jump shoot*. Maka diperoleh peningkatan nilai atlet yang melakukan latihan menggunakan video instruksional sebesar 0,73 termasuk kategori “tinggi” artinya video instruksional tersebut memiliki pengaruh tinggi terhadap kemampuan *jump shoot* atlet. Kesimpulan pada penelitian ini adalah penilaian kualitas produk “Video Instruksional Model Latihan *Dribble* Langsung *Jump Shoot*” ini termasuk kriteria “sangat layak” untuk digunakan dalam latihan.

Kata Kunci: video instruksional, *dribble*, *jump shoot*, bola basket

ABSTRACT

Rian Handika. **Development of Instructional Videos Dribble Direct Jump Shoot Training Model on Basketball**. Thesis. Medan: Sport Education Study Program, Postgraduate of Universitas Negeri Medan, 2019.

This study aims to develop instructional videos of dribble direct jump shoot training models on basketball. This type of research is Research and Development. In this development research the product developed is a media of instructional videos of dribble direct jump shoot training models on basketball. The training media will be packed into a DVD. The subject of this research trial consisted of 4 material experts, 4 media experts, 2 learning experts, 4 trainers, 25 athletes for small group trials, and 78 athletes for field trials. The instrument used in the study was a questionnaire with a rating scale using a Likert scale and was validated. The results showed that the assessment of material experts in stage I was obtained at an average of 70.00%, so the average value obtained was included in the criteria of "feasible". In stage II, the average percentage value of 86.25% is included in the criteria of "very feasible". From the media experts, the average value obtained at stage I was 72.82%, including the criteria of "feasible", and in stage II the average was 81.88%, including the criteria for "very feasible". Furthermore, the assessment of learning experts in stage I obtained an average of 76.25% including the criteria "feasible", in stage II the average value of 83.75% was included in the criteria of "very feasible". Then the assessment of the trainer in stage I was obtained at an average of 75.52% including the criteria of "feasible", and in stage II obtained an average of 85.42% including the criteria "very feasible". The results of the small group trial showed that instructional videos included "very feasible" with an average score of 87.09%, and from the field trials the results were "very feasible" with a mean score of 91.19%. Products that have been validated and declared to be very feasible to produce are then tested on 10 athletes to see the effect of instructional video training media on the jump shoot ability of athletes. From the trial, an increase in the value of the athlete who did the exercise using instructional videos of 0.73 was categorized as "high" meaning that the instructional video had a high influence on the athlete's jump shoot ability. The conclusion of this study is that the product quality assessment of "Instructional Videos of Dribble Direct Jump Shoot Training Model on Basketball" includes the criteria "very feasible" to be used in training.

Keywords: instructional videos, dribble, jump shoot, basketball