

ABSTRACT

IHSAN AZHARI HASUGIAN. The Effect of Learning Models and Motion Ability on Learning Outcomes of Volleyball Passing Skills for Class VIII Students of Junior High School 6, Academic year 2019-2020 Thesis. Medan: Postgraduate Program, Universitas Negeri Medan. 2020.

This study aims to determine: (1) The volleyball passing skills of students taught by using a massed practice model are higher than the volleyball passing skills of students taught with a distributed practice model. (2) the volleyball passing skills of students who have high mobility abilities are higher than students who have low mobility abilities. (3) the interaction between the learning model and the ability of movement to volleyball passing skills. This research was conducted at Junior High School 6 Medan, odd semester of 2019/2020 school year. The research model α uses quasi-experimental with 2 x 2 factorial design, the data analysis technique used is two-way ANOVA with a significant level = 0.05 and continued with the Scheffe test. The results showed (1) volleyball passing skills taught by students using massed practice models were higher when compared to volleyball passing skills of students who used distributed practice models, this was indicated by $F_{\text{count}} = 4,24 > F_{\text{table}} = 4.18$; (2) volleyball passing skills of students who have high mobility abilities are higher than students who have low mobility abilities, this is indicated by $F_{\text{count}} = 12.15 > F_{\text{table}} = 4.18$; (3) there is an interaction between the learning model and the students' ability to move the students' volleyball passing skills, this is indicated by $F_{\text{count}} = 21.12 > F_{\text{table}} = 4.18$. The conclusion, that the massed practice model can improve students' volleyball passing skills.

Keywords: massed practice model, distributed practice, mobility and volleyball passing skills



ABSTRAK

IHSAN AZHARI HASUGIAN. Pengaruh Model Pembelajaran dan Kemampuan Gerak terhadap Keterampilan Passing bawah Bola Voli untuk Siswa Kelas VIII SMP Negeri 6 Tahun Ajaran 2019-2020. Tesis. Medan: Program Pascasarjana, Universitas Negeri Medan. Maret 2020.

Penelitian ini bertujuan untuk mengetahui: (1) Pengaruh Keterampilan passing bola voli siswa yang diajarkan dengan menggunakan model massed practice dan distributed practice terhadap keterampilan passing bola. (2) Pengaruh keterampilan passing bola voli siswa yang memiliki kemampuan gerak tinggi dan gerak rendah. (3) interaksi antara model pembelajaran dan kemampuan gerak terhadap keterampilan passing bola voli. Penelitian ini dilakukan di SMP Negeri 6 Medan, semester ganjil tahun pelajaran 2019/2020. Model penelitian α menggunakan eksperimen semu dengan desain faktorial 2×2 , teknik analisis data yang digunakan adalah ANAVA dua arah dengan taraf signifikan = 0,05 dan dilanjutkan dengan uji tukey. Hasil penelitian menunjukkan (1) keterampilan passing bola voli yang diajarkan siswa menggunakan model massed practice lebih tinggi jika dibandingkan dengan keterampilan passing bola voli siswa yang menggunakan model distributed practice, hal ini ditunjukkan oleh $F_{hitung} = 4,24 > F_{tabel} = 4,18$; (2) keterampilan passing bola voli siswa yang memiliki kemampuan gerak tinggi lebih tinggi dari pada siswa yang memiliki kemampuan gerak rendah, hal ini ditunjukkan oleh $F_{hitung} = 12,15 > F_{tabel} = 4,18$; (3) terdapat interaksi antara model pembelajaran dan kemampuan gerak siswa terhadap keterampilan passing bola voli siswa, hal ini ditunjukkan oleh $F_{hitung} = 21,12 > F_{tabel} = 4,18$. Kesimpulan, bahwa model massed practice dapat meningkatkan keterampilan passing bola voli siswa.

Kata kunci: model massed practice, distributed practice, kemampuan dan keterampilan passing bola bawah voli

