

ABSTRAK

FITRAH MIKO. Pengembangan Senam Ritmik Dengan Mengadopsi Tarian Daerah Terhadap Karakter Anak Sekolah Dasar. Tesis. Medan: Program Pascasarjana Universitas Negeri Medan. Juli 2021

Penelitian ini bertujuan untuk: 1) Mengetahui gerakan tari Saman pada senam ritmik, 2) Mengembangkan instrumen musik pengiring senam ritmik yang diadopsi dari gerakan tari Saman, 3) Membangun nilai-nilai karakter anak sekolah dasar melalui senam ritmik yang diadopsi dari tari Saman, 4) Mengetahui kelayakan produk video senam ritmik yang diadopsi dari gerakan tari Saman. Penelitian ini menggunakan metode penelitian & pengembangan Borg & Gall dengan teknik analisis data kuantitatif deskriptif. Penelitian ini dilakukan di SD N 060853 Medan dengan sampel 32 orang. Penelitian ini divalidasi oleh tiga ahli yaitu ahli senam, ahli tari dan ahli media. Hasil validasi pada ahli senam diperoleh 90% bermakna dapat “digunakan”. Hasil validasi pada ahli tari diperoleh 95% bermakna dapat “digunakan”. Hasil validasi pada ahli media diperoleh 91% bermakna dapat “digunakan”. Hasil penilaian uji kelompok kecil diperoleh 81% dengan kriteria “sangat baik”, dan hasil penilaian uji kelompok besar diperoleh 91% dengan kriteria “sangat baik”. Berdasarkan hasil pengujian tersebut disimpulkan bahwa gerakan dan musik senam Saman dapat digunakan pada anak sekolah dasar, senam Saman dapat membangun nilai-nilai karakter yaitu kerja sama, percaya diri dan disiplin, dan video senam Saman layak digunakan pada pembelajaran senam ritmik di sekolah dasar.

Kata Kunci : *Karakter, Senam Ritmik, Tarian Daerah*



ABSTRACT

FITRAH MIKO. Rhythmic Gymnastics Development By Adopting Regional Dances Against Characteristics Of Elementary School Children. Thesis.

Medan: Postgraduate Program Universitas Negeri Medan. July 2021

This study aims to: 1) Knowing the Saman dance movements in rhythmic gymnastics, 2) Developing musical instruments to accompany rhythmic gymnastics adopted from the Saman dance movement, 3) Building character values for elementary school children through rhythmic gymnastics adopted from the Saman dance, 4) Knowing the feasibility of the rhythmic gymnastics video product adopted from the Saman dance movement. This study uses the research & development method Borg & Gall with descriptive quantitative data analysis techniques. This research was conducted at SD N 060853 Medan with a sample of 32 people. This study was validated by three experts, namely gymnastics, dance experts and media experts. The results of the validation of gymnastics experts obtained 90%, which means it can be "used". The results of the validation of dance experts obtained 95% means that it can be "used". The results of the validation of media experts obtained 91% which means it can be "used". The results of the small group test assessment were obtained by 81% with the "very good" criteria, and the results of the large group test assessment obtained 91% with the "very good" criteria. Based on the results of these tests, it was concluded that the movements and music of Saman gymnastics can be used in elementary school children, Saman gymnastics can build character values, namely cooperation, confidence and discipline, and Saman gymnastics videos are suitable for use in rhythmic gymnastics learning in elementary schools.

Key Word: *Character, Regional Dances, Rhythmic Gymnastics*

