

ABSTRAK

Mustika “Pengaruh Permainan Tradisional Pecah Piring Dan Bola Kasti Terhadap Kemampuan Dasar Gerak Manipulatif Pada Siswa Kelas III UPTD SDN 02 Kampung Lalang Kabupaten Batu Bara”
(Pembimbing: Agus Salim Samosir)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2022

Penelitian ini bertujuan untuk mengetahui pengaruh latihan Permainan Tradisional Pecah Piring Dan Bola Kasti Terhadap Kemampuan Dasar Gerak Manipulatif Pada Siswa Kelas III UPTD SDN 02 Kampung Lalang Kabupaten Batu Bara.

Penelitian dilakukan di UPTD SDN 02 Kampung Lalang Kabupaten Batu Bara Tahun Ajaran 2020/2021. Penelitian ini menggunakan metode eksperimen, dengan desain *eksperiment control group design*. Sampel Penelitian adalah Siswa Kelas III UPTD SDN 02 Kampung Lalang Kabupaten Batu Bara sebanyak 30 orang, dibagi menjadi 2 kelompok. Kelompok 1: diberi latihan permainan pecah piring dan bola kasti, kelompok 2: tidak diberi latihan permainan pecah piring dan bola kasti. Permainan Tradisional pecah piring dan bola kasti dilakukan dengan program latihan, frekuensi 3 kali seminggu, selama 6 minggu. Test Gerak Dasar Manipulatif dilakukan di awal sebelum diberi perlakuan dan diakhir setelah diberi perlakuan. Teknik analisa data pada penelitian ini menggunakan uji- *t*.

Hasil statistik uji-*t* berpasangan dijumpai ada peningkatan Gerak Dasar Manipulatif (Memukul, Menangkap, Dan Melempar) setelah diberikan latihan permainan Tradisional pecah piring dan bola kasti. Berdasarkan hasil perhitungan yang dilakukan, Uji- *t* antara *post test* dengan *post test* kelompok eksperimen dan kontrol maka diperoleh hasil perhitungan sebesar (t_{hitung}) 2,034 selanjutnya harga tersebut dibandingkan dengan harga t_{tabel} dengan $dk = n_1+n_2-2$ kriteria pengujian adalah: terima H_a jika $t_{hitung} > t_{tabel}$, dimana t_{tabel} didapat dari daftar distribusi *t* dengan $dk = n_1+n_2-2$. Dari daftar tabel diperoleh bahwa $t_{tabel} = 1,70$. dengan demikian $t_{hitung} > t_{tabel}$ ($2,034 > 1,70$) dengan demikian $H_0 =$ ditolak dan $H_a =$ diterima yang menyatakan Ada Pengaruh Permainan Tradisional Pecah Piring dan Bola Kasti Terhadap Peningkatan Dasar Gerak Manipulatif Pada Siswa Kelas III UPTD SDN 02 Kabupaten Batu Bara.

Berdasarkan hasil penelitian yang diperoleh dari analisis data, maka disimpulkan bahwa terdapat pengaruh latihan permainan Tradisional pecah piring dan bola kasti terhadap peningkatan kemampuan Gerak Dasar Manipulatif pada siswa kelas III UPTD SDN 02 Kampung Lalang Kabupaten Batu Bara.

Kata Kunci : Permainan Pecah Piring Dan Bola Kasti, Gerak Dasar Manipulatif

ABSTRACT

Mustika "The Influence of the Traditional Game of Breaking Plates and Baseball on the Basic Ability of Manipulative Movement in Third Grade Students of UPTD SDN 02 Kampung Lalang, Batu Bara Regency"
(Supervisor: Agus Salim Samosir)

Thesis : Faculty of Sport Science UNIMED 2022

This study aims to determine the effect of the traditional game of breaking plates and baseball on the basic ability of manipulative movements in third grade students of UPTD SDN 02 Kampung Lalang, Batu Bara Regency.

The research was conducted at UPTD SDN 02 Lalang Village, Batu Bara Regency, for the 2020/2021 Academic Year. This study uses an experimental method, with an experimental control group design. The research sample was 30 students of Class III UPTD SDN 02 Kampung Lalang, Batu Bara Regency, divided into 2 groups. Group 1: was given the practice of breaking the plate and baseball, group 2: not being given the practice of breaking the plate and baseball. The traditional games of breaking plates and baseball are carried out with an exercise program, a frequency of 3 times a week, for 6 weeks. The Manipulative Basic Movement Test was carried out before being given treatment and at the end after being given treatment. Data analysis techniques in this study using t-test.

The results of paired t-test statistics found that there was an increase in manipulative basic movements (hitting, catching, and throwing) after being given training in the traditional game of breaking plates and baseball. Based on the results of the calculations carried out, the t-test between the post-test and post-test of the experimental and control groups, the results of the calculation of (tcount) 2.034 are then compared with the t-table price with $dk = n_1 + n_2 - 2$, the test criteria are: accept H_a if $t_{count} > t_{table}$, where t_{table} is obtained from the distribution list t with $dk = n_1 + n_2 - 2$. From the list of tables obtained that $t_{table} = 1.70$. Thus, $t_{count} > t_{table}$ ($2.034 > 1.70$) thus $H_0 =$ rejected and $H_a =$ accepted which states that there is an effect of the traditional game of breaking plates and baseball on the improvement of basic manipulative movements in third grade students of UPTD SDN 02 Batu Bara Regency.

Based on the research results obtained from data analysis, it is revealed that there is an effect of traditional game practice and baseball on increasing the ability of Manipulative Basic Movements in third grade students of UPTD SDN 02 Kampung Lalang, Batu Bara Regency.

Keywords: Plate Breaking Game and Baseball, Manipulative Basic Movement