

## ABSTRAK

**Ariansyah Panggabean. Pengaruh Model *Problem Based Learning* Dan Model *Project Based Learning* Terhadap Hasil Belajar *Dribbling* Materi Sepak Bola Kelas VIII SMP Negeri 36 Medan. Tesis. Pascasarjana. Pendidikan Olahraga, Universitas Negeri Medan, 2024.**

Tujuan penelitian ini adalah untuk mengetahui Pengaruh Model *Problem Based Learning* dan Model *Project Based Learning* Terhadap Hasil Belajar *Dribbling* Materi Sepak Bola. Metode penelitian ini adalah eksperimen. Desain penelitian ini adalah desain eksperimen *one group pre test post test design*. Teknik pengumpulan data menggunakan rubrik hasil belajar *dribbling*, observasi, dokumentasi. Jumlah sampel penelitian adalah 40 orang dengan. Teknik analisis data yang digunakan adalah uji normalitas, uji homogenitas, dan uji t. Berdasarkan hasil penelitian maka 1) Diketahui nilai signifikan untuk semua data baik pada uji Kolmogorov Smirnov maupun uji Shapiro wilk  $> 0.05$  maka dapat disimpulkan bahwa data penelitian berdistribusi Normal. 2) Nilai sig  $0.620 > 0.05$  disimpulkan mempunyai varian yang sama. dengan Kriteria jika nilai sig  $> 0.05$  maka dikatakan bahwa varian dari 2 atau lebih kelompok data adalah homogen. 3) Diperoleh nilai sig sebesar  $0.000 < 0.05$  maka sesuai dasar pengambilan keputusan dalam uji *paired samples T Test* maka dapat disimpulkan terdapat perbedaan kelompok *pretest* dengan kelompok *posttest*. Maka Terdapat Pengaruh Model *Problem Based Learning* dan Model *Project Based Learning* Terhadap Hasil Belajar *Dribbling* Materi Sepak Bola.

**Kata Kunci :** *Problem Based Learning, Project Based Learning, Hasil Belajar Dribbling.*

## **ABSTRACT**

***Ariansyah Panggabean. The Influence of the Problem Based Learning Model and the Project Based Learning Model on Dribbling Learning Results for Class VIII Football Material at SMP Negeri 36 Medan. Thesis. Postgraduate. Sports Education, Medan State University, 2024.***

*The aim of this research is to knowing the influence of the problem based learning model and the project based learning model on learning outcomes for dribbling football material. This research method is experimental. The design of this research is a two group pre test post test experimental design. The data collection technique uses a rubric for dribbling learning outcomes, observation, documentation. The number of research samples was 40 people. The data analysis techniques used are normality test, homogeneity test, and t test. Based on the research results, 1) It is known that the significant value for all data in both the Kolmogorov Smirnov test and the Shapiro Wilk test is  $> 0.05$ , so it can be concluded that the research data is Normally distributed. 2) A sig value of  $0.620 > 0.05$  is concluded to have the same variance. with the criterion that if the sig value is  $> 0.05$ , it is said that the variants of 2 or more groups of data are homogeneous. 3) Obtained a sig value of  $0.000 < 0.05$ , so according to the basis for decision making in the paired samples T Test, it can be concluded that there is a difference between the pretest group and the posttest group. So there is an influence of the Problem Based Learning Model and the Project Based Learning Model on Dribbling Learning Results in Football Material.*

**Keywords:** *Problem Based Learning, Project Based Learning, Dribbling Learning Results.*