

ABSTRAK

Nazwan Azmi, NIM. 6213311050 (2026). Pengaruh Permainan Tradisional Terhadap Peningkatan Kebugaran Jasmani Siswa SDN 098024 Pulo Pitu Marihat kabupaten Simalungun.

Pembimbing Skripsi : Afri Tantri

Skripsi : Fakultas Ilmu Keolahragaan UNIMED (2026)

Kebugaran jasmani merupakan salah satu komponen penting dalam menunjang aktivitas belajar siswa sekolah dasar. Namun, proses pembelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan (PJOK) di SDN 098024 Pulo Pitu Marihat masih cenderung bersifat konvensional sehingga berdampak pada rendahnya tingkat kebugaran jasmani siswa. Kondisi tersebut menuntut adanya penerapan metode pembelajaran yang lebih variatif dan menyenangkan, salah satunya melalui permainan tradisional. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen dan desain *one group pretest-posttest*. Subjek penelitian terdiri atas 30 siswa laki-laki kelas V berusia 10–12 tahun yang dipilih menggunakan teknik *purposive sampling*. Perlakuan diberikan melalui penerapan permainan tradisional hadang dan pecah piring dalam pembelajaran PJOK selama enam pertemuan. Pengukuran kebugaran jasmani dilakukan menggunakan Tes Kebugaran Siswa Indonesia (TKSI). Data dianalisis melalui uji normalitas, uji homogenitas, dan uji *t* sampel berpasangan. Hasil analisis menunjukkan adanya peningkatan kebugaran jasmani siswa setelah penerapan permainan tradisional. Temuan ini menunjukkan bahwa permainan tradisional memberikan pengaruh yang signifikan terhadap peningkatan kebugaran jasmani siswa sekolah dasar. Oleh karena itu, permainan tradisional dapat dijadikan sebagai alternatif metode pembelajaran PJOK yang efektif dan kontekstual.

Kata Kunci: Permainan Tradisional, Kebugaran Jasmani, PJOK, TKSI

ABSTRACT

Nazwan Azmi NIM 6213311050 (2026). *The Effect of Traditional Games on Improving the Physical Fitness of Students at SDN 098024 Pulo Pitu Marihat, Simalungun Regency.*

Thesis Advisor : Afri Tantri

Thesis : Fakultas Ilmu Keolahragaan UNIMED (2026)

Physical fitness is an essential component in supporting learning activities of elementary school students. However, the implementation of Physical Education, Sports, and Health (PJOK) learning at SDN 098024 Pulo Pitu Marihat has tended to be conventional, which has contributed to the low level of students' physical fitness. This condition highlights the need for more varied and enjoyable learning methods, one of which is the use of traditional games. This research employed a quantitative approach using an experimental method with a one-group pretest–posttest design. The participants consisted of 30 male fifth-grade students aged 10–12 years, selected through purposive sampling. The treatment was conducted by integrating traditional games, namely hadang and pecah piring, into PJOK learning over six sessions. Students' physical fitness was measured using the Indonesian Student Fitness Test (Tes Kebugaran Siswa Indonesia/TKSI). The collected data were analyzed using normality tests, homogeneity tests, and paired-sample t tests. The results indicated an improvement in students' physical fitness following the implementation of traditional games. These findings demonstrate that traditional games have a significant effect on enhancing the physical fitness of elementary school students. Therefore, traditional games can be considered an effective and contextual alternative learning method in physical education

Keywords: Traditional Games, Physical Fitness, Physical Education, TKSI

