

ABSTRAK

RIZKY HIDAYAT. Pengembangan Variasi Latihan Footwork Berbasis Permainan Tradisional Pada Cabang Olahraga Bulutangkis Di Ekstrakurikuler SMA. Tesis. Medan: Program Studi Pendidikan Olahraga Fakultas Ilmu Keolahragaan Universitas Negeri Medan. 2025

Penelitian ini melibatkan tiga sekolah rujukan, yaitu SMA Yayasan Pendidikan Shafiyatul Amaliyyah sebagai lokasi uji coba instrumen, serta SMA Swasta Sri Langkat dan SMA Yayasan Pendidikan Mulia Securai sebagai sekolah tempat implementasi produk. Metode yang digunakan adalah Research and Development (R&D) dengan model pengembangan ADDIE yang meliputi tahapan analisis, desain, pengembangan, implementasi, dan evaluasi. Subjek penelitian terdiri atas tiga orang ahli, yaitu ahli instrumen, ahli bahasa, dan ahli materi, serta 60 siswa dan dua pelatih ekstrakurikuler bulutangkis. Pengumpulan data dilakukan melalui lembar validasi ahli dan angket kepraktisan, kemudian dianalisis secara deskriptif kuantitatif menggunakan persentase tingkat kelayakan dan kepraktisan. Hasil penelitian menunjukkan bahwa produk memperoleh tingkat validitas sangat tinggi dari para ahli dengan persentase antara 94,44% hingga 99,00% dan dinyatakan “sangat layak” digunakan. Uji kepraktisan menunjukkan persentase 96,66% dari pelatih dan 90,42% dari siswa dengan kategori “sangat praktis”. Secara keseluruhan, variasi latihan footwork berbasis permainan tradisional terbukti efektif, layak, dan praktis diterapkan dalam kegiatan ekstrakurikuler bulutangkis SMA, serta mampu meningkatkan keterampilan teknik, motivasi latihan, kerja sama siswa, dan pelestarian nilai budaya lokal.

Kata kunci: Pengembangan Variasi, *Footwork*, Permainan Tradisional, Bulutangkis, Ekstrakurikuler SMA

ABSTRACT

RIZKY HIDAYAT. Development of Traditional Game-Based Footwork Training Variations in Badminton Extracurricular Activities at Senior High Schools. Thesis. Medan: Physical Education Study Program, Faculty of Sports Science, Universitas Negeri Medan, 2025

This study involved three reference schools, namely SMA Yayasan Pendidikan Shafiyyatul Amaliyyah as the instrument trial location, as well as SMA Swasta Sri Langkat and SMA Yayasan Pendidikan Mulia Securai as the schools where the product was implemented. The method used was Research and Development (R&D) with the ADDIE development model which includes the stages of analysis, design, development, implementation, and evaluation. The research subjects consisted of three experts, namely an instrument expert, a language expert, and a material expert, as well as 60 students and two badminton extracurricular coaches. Data collection was carried out through expert validation sheets and practicality questionnaires, then analyzed descriptively quantitatively using the percentage of feasibility and practicality levels. The results showed that the product obtained a very high level of validity from experts with a percentage between 94.44% to 99.00% and was declared "very feasible" to use. The practicality test showed a percentage of 96.66% from coaches and 90.42% from students with the "very practical" category. Overall, variations of footwork training based on traditional games have proven to be effective, feasible, and practical to implement in high school badminton extracurricular activities, and are able to improve technical skills, training motivation, student cooperation, and the preservation of local cultural values.

Keywords: Development, Footwork, Traditional Games, Badminton, High School Extracurricular