

ABSTRAK

Teguh Ilham Lubis. Pengaruh Media Pembelajaran Berbasis Flipbook terhadap Hasil Belajar Penjas Materi Senam Lantai di kelas IV UPT. SD Negeri 060825 Medan. 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh penggunaan media pembelajaran berbasis flipbook terhadap hasil belajar Pendidikan Jasmani, Olahraga, dan Kesehatan (Penjas) materi senam lantai pada siswa kelas IV. Penelitian ini menggunakan pendekatan Quasi Eksperimen dengan populasi seluruh siswa SD Negeri 060825 Medan. Dua kelas dipilih secara purposive random sampling dengan kriteria bukan kelas unggulan, dan pemilihan kelas sampel didasarkan pada informasi dari kepala sekolah dan guru bahwa komposisi siswa dalam tiap kelas bersifat heterogen. Berdasarkan undian, kelas IV-A ditetapkan sebagai kelas eksperimen yang terdiri dari 26 siswa, sedangkan kelas IV-B ditetapkan sebagai kelas kontrol yang juga terdiri dari 26 siswa. Kelas eksperimen mendapatkan perlakuan pembelajaran berbasis flipbook, sedangkan kelas kontrol menerima pembelajaran konvensional. Instrumen penelitian meliputi pretest dan posttest hasil belajar senam lantai. Analisis data dilakukan melalui uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji-F dengan bantuan SPSS versi 25. Hasil uji normalitas menunjukkan nilai signifikansi $> 0,05$ untuk pretest dan posttest pada kedua kelas, yang mengindikasikan data berdistribusi normal. Hasil uji homogenitas menunjukkan nilai signifikansi $0,06 > 0,05$, sehingga data bersifat homogen. Selanjutnya, uji hipotesis menggunakan uji F pada taraf signifikansi 0,05 menghasilkan nilai F hitung sebesar 77,372 dan nilai signifikansi 0,000. Temuan ini menunjukkan adanya pengaruh signifikan media pembelajaran berbasis flipbook terhadap hasil belajar Penjas materi senam lantai di kelas IV SD Negeri 060825 Medan. Dengan kata lain, kelompok eksperimen mengalami peningkatan hasil belajar yang lebih tinggi dibandingkan kelompok kontrol.

Kata kunci: Media Pembelajaran Berbasis Flipbook, Hasil Belajar Penjas, Senam Lantai.

ABSTRACT

Teguh Ilham Lubis. The Effect of Flipbook-Based Learning Media on Physical Education Learning Outcomes in Floor Gymnastics in Grade IV of UPT. SD Negeri 060825 Medan. 2026.

This study aims to determine the effect of the use of flipbook-based learning media on the learning outcomes of Physical Education, Sports, and Health (Penjas) on floor gymnastics material for fourth-grade students. This study used a Quasi-Experimental approach with a population of all students of Elementary School 060825 Medan. Two classes were selected by purposive random sampling with the criteria of not being a superior class, and the selection of sample classes was based on information from the principal and teachers that the composition of students in each class was heterogeneous. Based on the lottery, class IV-A was designated as the experimental class consisting of 26 students, while class IV-B was designated as the control class also consisting of 26 students. The experimental class received flipbook-based learning treatment, while the control class received conventional learning. The research instruments included pretest and posttest of floor gymnastics learning outcomes. Data analysis was carried out through normality tests, homogeneity tests, and hypothesis tests using t-tests with the help of SPSS version 25. The results of the normality test showed a significance value of > 0.05 for the pretest and posttest in both classes, which indicated that the data were normally distributed. The results of the homogeneity test show a significance value of $0.06 > 0.05$, so the data is homogeneous and hypothesis testing using the F-test with the help of SPSS version 25. The results of the normality test showed a significance value of > 0.05 for the pretest and posttest in both classes, which indicates that the data is normally distributed. The results of the homogeneity test showed a significance value of $0.06 > 0.05$, so the data is homogeneous. Furthermore, the hypothesis test using the F test at a significance level of 0.05 produced a calculated F value of 8.248 and a significance value of 0.000. These findings indicate a significant influence of flipbook-based learning media on the learning outcomes of Physical Education on floor gymnastics material in class IV of SD Negeri 060825 Medan. In other words, the experimental group experienced a higher increase in learning outcomes than the control group.

Keywords: Flipbook-Based Learning Media, Physical Education Learning Outcomes, and Floor Gymnastics.