

ABSTRAK

YANI KADIR. NIM. 831413308 (Skripsi 2015) “Meningkatkan Kemampuan Gerak Dasar Menggiring Bola Dalam Permainan Bola Basket Melalui Metode Explicit Instruction Pada Siswa Kelas V SDN 5 Tapa Kabupaten Bone Bolango”. Skripsi, Program Studi S1 Pendidikan Jasmani Kesehatan dan Rekreasi di Jurusan Pendidikan Olahraga Fakultas Ilmu-Ilmu Kesehatan dan Olahraga Universitas Negeri Gorontalo, Pembimbing I Risna Podungge, S.Pd, M.Pd, Pembimbing II Suriyadi Datau, S.Pd, M.Pd.

Permasalahan dalam penelitian ini yaitu kurangnya kemampuan siswa dalam melakukan gerak dasar menggiring bola dalam permainan bola basket serta metode pembelajaran digunakan guru Pendidikan Jasmani belum sesuai. Tujuan penelitian yakni untuk meningkatkan gerak dasar menggiring bola dalam permainan bola basket pada siswa kelas V di SDN 5 Tapa Kabupaten Bone Bolango melalui metode *explicit instruction*. Metode yang digunakan metode *explicit instruction*.

Berdasarkan hasil analisis data pada observasi, siklus I dan siklus II pemberian tindakan dalam penelitian tindakan kelas ini menunjukkan keberhasilan melalui peningkatan kemampuan siswa kelas V dalam melakukan gerakan menggiring bola pada permainan bola basket, sebagai berikut : Aspek (A) posisi tangan saat berkenaan dengan bola pada observasi data awal rata-rata kemampuan siswa mencapai 60,35, siklus I mencapai 71,29 dan siklus II mencapai 80,18. Aspek (B) posisi kaki saat menggiring bola pada observasi data awal rata-rata kemampuan siswa mencapai 58,94, siklus I mencapai 64,82, dan siklus II mencapai 80,88. Aspek (C) posisi badan saat menggiring bola pada observasi data awal rata-rata kemampuan siswa mencapai 59,41, siklus I mencapai 68,47, dan siklus II mencapai 79,59. Aspek (D) gerakan lanjutan pada observasi data awal rata-rata kemampuan siswa mencapai 60,47, siklus I mencapai 71,24, dan siklus II mencapai 81,06.

Memperhatikan peningkatan kemampuan yang diperoleh siswa berarti hipotesis yang di rumuskan yaitu “metode explicit instruction” siswa dalam melakukan gerakan menggiring bola pada permainan bola basket dapat diterima (terbukti kebenarannya). Jadi penelitian tindakan kelas (PTK) ini dapat dikatakan telah berhasil.

Kata Kunci : Menggiring Bola, Permainan Bola Basket, Metode Kelompok.

ABSTRACT

YANI KADIR. Student ID. 831413308 (Skripsi 2015) “Increasing Basic Movement Skill of Dribbling Ball in Basket Ball through Explicit Instruction Method on Students at Class V of SDN 5 Tapa, District of Bone Bolango. Skripsi, Study Program of S1 Physical Education, Health and Recreation, Department of Sports Education, Faculty of Health Sciences and Sport, State University of Gorontalo. The principal supervisor was Risna Podungge, S.Pd, M.Pd and the co-supervisor was Suriyadi Datau, S.Pd, M.Pd.

The problem statements of this research were the lack of students’ skill in dribbling ball in basket ball, and the previous learning model that was implemented by the physical education teacher was not appropriate. The research aimed at increasing basic movement skill of dribbling ball in basket ball on students at class V of SDN 5 Tapa, district of Bone Bolango through explicit instruction method. The learning method used in this research was explicit instruction method.

The result of this classroom action research showed that in aspect (A): the hand position while touching the ball, the average of students’ skill in initial observation reached 60,35. The result, however, increased to 71,29 in cycle I and became 80,18 in cycle II. The average score of students’ skill in aspect (B); the leg position in dribbling ball, in initial observation was 58,94. The result increased to 64,82 in cycle I and became 80,88 in cycle II. The average score of students’ skill in aspect (C); the body position in dribbling ball, in initial observation was 59,41. The result increased to 68,47 in cycle I and became 79,59 in cycle II. The average score of students’ skill in aspect (D); advanced movement, in initial observation was 60,47. The result increased to 71,24 in cycle I and became 81,06 in cycle II.

By observing the student’s improvement in skill, means that the research hypothesis can be accepted (the truth was proven). Therefore, this classroom action research can be stated as success.

Keywords: Dribbling Ball, Basket Ball, Group Method.

