

## **ABSTRAK**

### **PENGEMBANGAN MODEL LATIHAN TENDANGAN SABIT BERBASIS VIDEO DALAM PENCAK SILAT PADA SISWA EKSTRAKURIKULER MAN 1 BANDAR LAMPUNG**

**Oleh**

**FIKRI ALFAKIH HATA**

Penelitian ini bertujuan untuk menghasilkan dan mengembangkan produk model latihan tendangan sabit berbasis video pada siswa ekstrakurikuler pencak silat di MAN 1 Bandarlampung serta mendeskripsikan kelayakan produk bahan ajar tersebut. Metode yang digunakan dalam penelitian ini adalah metode penelitian pengembangan ADDIE. Prosedur penelitian terdiri atas lima langkah, yaitu analysis, design, development, implement, dan evaluate. Penelitian ini dilaksanakan di MAN 1 Bandarlampung. Teknik pengumpulan data dalam penelitian ini meliputi wawancara, observasi dan angket kuisisioner. Wawancara dan observasi dilaksanakan untuk menemukan permasalahan yang ada sedangkan angket kuisisioner dilaksanakan untuk validasi kelayakan produk yang sudah dikembangkan. Hasil penelitian yaitu bahan ajar e-learning berbasis google sites sebagai bahan ajar materi pelajaran pencak silat. Bahan ajar yang dikembangkan dalam penelitian ini dinilai layak berdasarkan hasil validasi dan revisi oleh ahli materi dengan persentase 85%, ahli bahasa dengan persentase 82,5%, ahli media 87,5%, pendidik PJOK 100%, uji coba peserta didik pada skala kecil 96% dan uji coba peserta didik pada skala besar 97%. Revisi video model latihan tendangan sabit berupa masukan memberi tujuan pembuatan video diawal video Hasil penilaian penilaian para ahli dan pendidik menunjukkan kriteria sangat layak. Saran yang diberikan telah ditindaklanjuti untuk menyempurnakan pengembangan video model latihan, sehingga dapat disimpulkan bahwa video model latihan dikembangkan layak menjadi model latihan siswa ekstrakurikuler pencak silat di MAN 1 Bandar Lampung.

**Kata kunci:** model latihan, video, pengembangan, pencak silat

## **ABSTRACT**

### **DEVELOPMENT OF A VIDEO-BASED SICKLE KICK TRAINING MODEL IN PENCAK SILAT FOR EXTRACURRICULAR STUDENTS AT MAN 1 BANDAR LAMPUNG**

*By*

**FIKRI ALFAKIH HATA**

*This study aims to produce and develop a video-based crescent kick training model for students participating in the pencak silat extracurricular program at MAN 1 Bandar Lampung, as well as to describe the feasibility of the developed instructional product. The method used in this research is the ADDIE development model, which consists of five stages: analysis, design, development, implementation, and evaluation. The study was conducted at MAN 1 Bandar Lampung. Data collection techniques included interviews, observations, and questionnaires. Interviews and observations were carried out to identify existing problems, while questionnaires were used to validate the feasibility of the developed product. The result of this study is an e-learning instructional material based on Google Sites for pencak silat learning content. The developed instructional material was deemed feasible based on validation and revisions conducted by material experts (85%), language experts (82.5%), media experts (87.5%), physical education teachers (100%), small-scale student trials (96%), and large-scale student trials (97%). Revisions to the crescent kick training video model included feedback to add the objective of the video at the beginning. The evaluation results from experts and educators indicate that the product meets the criteria of being highly feasible. The suggestions provided have been implemented to improve the development of the training video model. Therefore, it can be concluded that the developed video-based training model is suitable for use by students in the pencak silat extracurricular program at MAN 1 Bandar Lampung.*

**Keywords:** *training model, video, development, pencak silat*