

ABSTRAK

ANALISIS TINGKAT KECEMASAN PESERTA DIDIK KELAS X TERHADAP PEMBELAJARAN SENAM LANTAI GULING LENTING DI SMA YADIKA BANDAR LAMPUNG

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Tujuan dari penelitian ini adalah untuk mengetahui penyebab kecemasan peserta didik kelas x terhadap pembelajaran senam lantai guling lenting di SMA Yadika Bandar Lampung. Penelitian ini menggunakan metode penelitian deskriptif kualitatif. Subjek dalam penelitian adalah peserta didik kelas x SMA Yadika Bandar Lampung, yang mengalami kecemasan terhadap pembelajaran senam sebanyak 24 peserta didik. Analisis data dalam penelitian menggunakan analisis data kualitatif dari Mile dan Huberman. Hasil penelitian diperoleh kecemasan peserta didik kelas x terhadap pembelajaran senam lantai guling lenting di SMA Yadika Bandar Lampung, 9 peserta didik mengalami *trait anxiety* sedangkan 15 peserta didik mengalami *state anxiety* yang disebabkan oleh Kekhawatiran (takut cedera), Emosionalitas (jantung berdebar debar, perasaan malu, kurang percaya diri), Gangguan dan hambatan dalam menyelesaikan tugas (Sarana pembelajaran, tubuh gemuk, tidak menguasai gerakan), Pengalaman dimasa lalu (riwayat cedera). Hasil tersebut dapat disimpulkan *anxiety* peserta didik kelas x terhadap pembelajaran senam lantai guling lenting di SMA Yadika Bandar Lampung sebagian besar didasari pada psikologis.

Kata kunci: Kecemasan, Peserta Didik Kelas X, Pembelajaran Guling Lenting

ABSTRACT

ANXIETY OF CLASS X STUDENTS TOWARDS LEARNING ROLL KIEP FLOOR GYMNASTICS AT YADIKA SENIOR HIGH SCHOOL, BANDAR LAMPUNG

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The purpose of this study was to identify the causes of anxiety among tenth-grade students regarding the roll kiek floor gymnastics lesson at Yadika Senior High School, Bandar Lampung. This study used a descriptive qualitative research method. The subjects were 24 tenth-grade students at Yadika Senior High School, Bandar Lampung, who experienced anxiety regarding gymnastics lessons. Data analysis in this study used qualitative data analysis based on the Miles and Huberman model. The results of the study showed that the anxiety of class X students towards learning floor gymnastics tumbling at SMA Yadika Bandar Lampung, indicates that 9 students experience trait anxiety, while 15 students experience state anxiety caused by worry (fear of injury), emotionality (heart palpitations, feelings of shame, lack of self-confidence), disturbances and obstacles in completing tasks (learning facilities, fat body, not mastering the movements), past experiences (history of injury). These results can be concluded that the anxiety of class X students towards learning floor gymnastics tumbling at SMA Yadika Bandar Lampung is mostly based on psychology.

Keywords: Anxiety, Grade X Students, Roll Kiep Learning