

ABSTRACT

INSTRUCTIONAL VIDEO TO INCREASE FLOOR EXERCISE SKILL IN GUIDED INSTRUCTION AT VOCATIONAL HIGH SCHOOL STATE 1 METRO

By

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The research aimed to 1) produce instructional design of floor exercise through the use of instructional video in guided practice activities. 2) describe the process of implementation of the floor exercise through the use of instructional video in guided practice activities. 3) assessing floor exercise skills through the use of instructional video in guided practice activities. 4) determine the increase in floor exercise skills through the use of instructional video in guided practice activities. The research approach was action research with classroom setting which was done in three cycles. Each cycle consisted of four phases: 1) the action planning, 2) action, 3) monitoring / data collection, 4) reflection. Subject measured were students of class X majoring in Culinary and Marketing at Vocational High School (VHS) 1 Metro Academic Year 2015/2016. The instruments used were: 1) the lesson plan designs of exercise floor, 2) self-evaluation sheet, 3) test the floor exercise skills. The data were analyzed by qualitative descriptive analysis. Data results showed that: 1) the design of lesson plans of floor exercise in cycle 1 was considered quite good (score: 14.5), in cycle 2 was considered good (score: 18), and cycle 3 was good (score 22.5). 2) assessment of students to the process of guided practice in cycle 1 was categorized as poor (score: 64.3), in cycle 2 was good category (71.7), and cycle 3 was categorized as good (score: 77.4). 3) the results of skills at the end of cycle 1 is 67.7 with 36% mastery learning. Results of cycle 2 were 74.7 and 62% of mastery learning. The result of cycle 3 was 79.9 with a 100% level of mastery learning.

Keywords: video, floor exercise skills, guided.

ABSTRAK

VIDEO PEMBELAJARAN UNTUK PENINGKATAN KETERAMPILAN SENAM LANTAI DALAM PEMBELAJARAN TERBIMBING DI SMKN 1 METRO

Oleh

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Penelitian bertujuan untuk 1) menghasilkan desain pembelajaran senam lantai melalui pemanfaatan video pembelajaran dalam kegiatan pembelajaran terbimbing. 2) mendeskripsikan proses pelaksanaan pembelajaran senam lantai melalui pemanfaatan video pembelajaran dalam kegiatan pembelajaran terbimbing. 3) melakukan penilaian keterampilan senam lantai melalui pemanfaatan video pembelajaran dalam kegiatan pembelajaran terbimbing. 4) mengetahui peningkatan keterampilan senam lantai melalui pemanfaatan video pembelajaran dalam kegiatan pembelajaran terbimbing. Pendekatan penelitian adalah penelitian tindakan dengan *setting* kelas yang dilakukan dalam 3 siklus. Tiap siklus terdiri dari 4 tahap yaitu: 1) perencanaan tindakan, 2) pelaksanaan tindakan, 3) pengamatan/pengumpulan data, 4) refleksi. Subjek tindakan adalah siswa-siswa kelas X Jasa Boga dan kelas X Pemasaran SMKN 1 Metro TP. 2015/2016. Instrumen yang digunakan adalah: 1) desain RPP senam lantai, 2) lembar evaluasi diri, 3) tes keterampilan senam lantai yang dianalisis secara deskriptif kualitatif. Data hasil penelitian menunjukkan bahwa: 1) desain RPP senam lantai pada siklus 1 dinilai cukup baik (skor: 14,5), siklus 2 baik (skor: 18), dan siklus 3 baik (skor 22,5). 2) penilaian siswa terhadap proses pembelajaran terbimbing pada siklus 1 dikategorikan kurang baik (skor: 64,3), pada siklus 2 termasuk kategori baik (skor: 71,7), dan siklus 3 dikategorikan baik (skor: 77,4). 3) hasil keterampilan di akhir siklus 1 yaitu 67,7 dengan ketuntasan belajar 36%. Hasil siklus 2 yaitu 74,7 dan ketuntasan belajar 62%. Hasil siklus 3 yaitu 79,9 dengan tingkat ketuntasan belajar 100%.

Kata kunci: video, keterampilan senam lantai, terbimbing.