

ABSTRAK

MODEL PEMBELAJARAN GERAK DASAR DALAM PENCAK SILAT

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Tujuan yang ingin dicapai pada penelitian dan pengembangan ini adalah untuk menghasilkan produk buku yang berupa model pembelajaran gerak dasar dalam pencak silat, menyempurnakan sarana pembelajaran menggunakan media buku agar lebih mudah dipahami dan dimengerti segala kalangan khususnya di SD Aisyiyah Metro dan memberikan pemahaman dengan baik kepada siswa/i agar dapat mempelajari gerakan dasar dalam pencak silat secara mandiri. Metode penelitian ini menggunakan *Research & Development model Borg and Gall* yang terdiri dari sepuluh langkah dalam penelitian, antara lain: (1) *Research and information collecting* (2) *Planning* (3) *Development of the preliminary from of product* (4) *Preliminary field testing* (5) *Main product revision* (6) *Main field test* (7) *Operational product revision* (8) *Operational field testing* (9) *Final produk* (10) *Dissemination and implementation*. Subjek dalam penelitian ini adalah siswa SD Aisyiyah Metro.

Hasil yang didapatkan dari penelitian ini yaitu ahli pencak silat 97,14%, ahli pembelajaran 84%, ahli bahasa 71,42%, dan ahli media 74,28%. Hasil perhitungan rata-rata dari ke empat ahli adalah sebesar 81,71%, sehingga model latihan ini dinyatakan **valid** dan **layak untuk digunakan** dalam menunjang proses latihan pencak silat khususnya tingkat SD.

Kata Kunci: pencak silat, media, *Research & Development*, valid.

ABSTRACT

MODEL OF LEARNING BASIC MOVEMENTS IN PENCAK SILAT

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The goal to be achieved in this research and development is to produce a book product in the form of a model for learning basic movements in pencak silat, perfecting learning facilities using book media so that it is easier to understand and be understood by all groups, especially at SD Aisyiyah Metro and provide good understanding to students. /i so that you can learn the basic movements in pencak silat independently. This research method uses the Borg and Gall Research & Development model which consists of ten steps in research, including: (1) Research and information collecting (2) Planning (3) Development of the preliminary product (4) Preliminary field testing (5) Main product revision (6) Main field test (7) Operational product revision (8) Operational field testing (9) Final product (10) Dissemination and implementation. The subjects in this research were Aisyiyah Metro Elementary School students.

The results obtained from this research were 97.14% pencak silat experts, 84% learning experts, 71.42% language experts, and 74.28% media experts. The average calculation result from the four experts was 81.71%, so this training model was declared valid and suitable for use in supporting the pencak silat training process, especially at elementary school level.

Keywords: *martial arts, media, Research & Development, valid.*