

ABSTRACT

Paulus Agustinus Ariantas Sawu (01669180080)

ATTITUDES AND MOTIVATION OF STUDENTS IN PHYSICAL EDUCATION USING AUDIO VISUAL MEDIA IN VIII CLASS OF SECONDARY LEVEL MAHABODHI VIDYA JAKARTA

(x + 84 pages + 6 appendices + 11 list of table + 5 list of figures)

This study aims to determine the differences in attitudes and learning motivation of students who are taught using audio-visual media in physical fitness learning material elements of strength and endurance. The research design used was experimental research design One - Group Pretest-Posttest Design (One Group Pretest-Posttest). The study population was the eighth grade students of SMP Mahabodhi Vidya Jakarta. The sample was all students of class VIII Tesla and Newton a total of 45. Student attitudes and learning motivation data were obtained from questionnaires through tests conducted at the beginning before treatment and at the end. Data analysis of attitudes and learning motivation was carried out using the Mean-test with the help of the Microsoft Excel 2010 program. Based on the results of the study, it was found that (1) there were differences in the attitudes of students who were taught using audio-visual media on the physical fitness material for the elements of strength and endurance. Students who were taught using audio-visual media obtained an average attitude of 48.64 higher than those without using audio-visual media with an average attitude of 44.20 ; (2) there are differences in the learning motivation of students who are taught using audio-visual media on physical fitness material, the elements of strength and endurance. Students who were taught using audio-visual media obtained an average motivation of 60.02 higher than those without using audio-visual media with an average learning motivation of 52.76.

Keyword : Attitude, Learning Motivation, Audio Visual Media

Reference : 51 (2000 - 2018)

ABSTRAK

Paulus Agustinus Ariantas Sawu (01669180080)

SIKAP DAN MOTIVASI SISWA PADA PELAJARAN PENDIDIKAN JASMANI OLAHRAGA KESEHATAN (PJOK) DENGAN MENGGUNAKAN MEDIA *AUDIO VISUAL* DI KELAS VIII SMP MAHABODHI VIDYA JAKARTA

(x + 84 halaman + 6 lampiran + 11 daftar tabel + 5 daftar gambar)

Penelitian ini bertujuan untuk mengetahui perbedaan sikap dan motivasi belajar siswa yang dibelajarkan menggunakan media *audio visual* pada pembelajaran Pendidikan Jasmani Olahraga Kesehatan materi kebugaran jasmani unsur *Strength and endurance*. Rancangan penelitian yang digunakan adalah rancangan penelitian eksperimental *One – Group Pretest-Posttest Design* (Satu Kelompok Pretes-Postes). Populasi penelitian adalah siswa kelas VIII SMP Mahabodhi Vidya Jakarta. Sampel adalah seluruh siswa kelas VIII *Tesla* dan *newton* total 45 . Data sikap dan motivasi belajar siswa diperoleh dari angket melalui tes yang dilakukan di awal sebelum perlakuan dan akhir. Analisis data sikap dan motivasi belajar dilakukan menggunakan uji-*Mean* dengan bantuan program *Microsoft Excel* 2010. Berdasarkan hasil penelitian, diperoleh hasil bahwa (1) terdapat perbedaan sikap siswa yang dibelajarkan dengan menggunakan media *audio visual* pada materi kebugaran jasmani unsur kekuatan dan daya tahan . Siswa yang dibelajarkan dengan menggunakan media *audio visual* memperoleh rata-rata sikap sebesar 48,64 lebih tinggi dibanding tanpa menggunakan media *audio visual* dengan rata-rata sikap sebesar 44,20 ; (2) terdapat perbedaan motivasi belajar siswa yang dibelajarkan dengan menggunakan media *audio visual* pada materi kebugaran jasmani unsur kekuatan dan daya tahan . Siswa yang dibelajarkan dengan menggunakan media *audio visual* memperoleh rata-rata motivasi sebesar 60,02 lebih tinggi dibanding tanpa menggunakan media *audio visual* dengan rata-rata motivasi belajar sebesar 52,76.

Kata Kunci : Sikap, Motivasi Belajar, Media *Audio Visual*

Referensi : 51 (2000 - 2018)