

ABSTRACT

Moh. Dondy Farhan Amrullah. 2022. The Effect of Using Audio Visual Learning Media on Reverse Lay Up Skills at the Taruna Club Sumenep.

Keywords : *Audio visual media, Reverse Lay Up.*

The problem with this research is that athletes find a saturation point in practicing due to monotonous learning techniques, there by reducing enthusiasm in learning new techniques, one of which is Reverse Lay Up. The function of the Reverse Lay Up movement is to avoid the opponent's block chasing from behind, side or front. Another benefit is a diversion if it is not possible to make a lay-up.

This research was conducted at the Taruna Sumenep club using a one group pretest-posttest research design. The independent variable in this study is audio-visual media, and the dependent variable is Reverse Lay Up. The sample of this study was 13 athletes from the Taruna Sumenep club, the sample selection used purposive sampling. The research instrument used tests and measurements, namely Reverse Lay Up shots 8 times for each sample. Meanwhile, for data analysis using the Wilcoxon signed rank test and percentage.

Based on the results of the study, there was an effect of using audio-visual learning media on Reverse Lay Up skills at the Taruna Club Sumenep by 26%. So it was decided that H_a was accepted, which means there is a significant influence between variables. From the results of the study, it can be concluded that there is a significant effect between the use of the use of audio-visual learning media on the Reverse Lay Up skills in the Taruna Club Sumenep.