

ABSTRACT

The Effect of Using Play Methods on Increasing the Locomotor Motion Capability of Students at the UPTD SD Negeri Sepulu 2 Sepulu Subdistrict, Bangkalan District Academic Year 2018-2019. 2019: Makhdum, Muhammad

Keywords: Effect, Play Method, Student Locomotive Motion

UPTD SD Negeri Sepulu 2 Sepulu Bangkalan experienced problems in PJOK learning where the PJOK learning process became monotonous, not varied, and less interesting because classroom teachers who taught PJOK were less able to choose the right learning method. The potential and talent of students in the field of sports as well as the locomotor movements of students are not trained early and have not been fully developed. This research aims to determine the effect of using the play method on Increasing the locomotor Motion Capability of Students at the UPTD SD Negeri Sepulu 2 Sepulu Subdistrict, Bangkalan District Academic Year 2018-2019.

This research is quantitative research with one group pretest posttest design experimental method. The research data was collected through measurements of 40 meter sprint ability tests in two categories namely pretest and posttest. Total number of sample subjects in the research was 50 students from a population of 307 students. To test the hypothesis, using the nonparametric Mc Nemar Test analysis technique using the Chi Square (X^2) formula because Test Mc Nemar has a Chi Square (X^2) distribution.

From the results of hypothesis testing, the comparison of Chi Square (X^2) count > Chi Square (X^2) table ($4,762 > 3,841$) with a significance level of 0.05 or a 95% confidence level. According to the testing conditions this means that H_0 is rejected and H_a is accepted. So the results of the hypothesis test of this study prove that there is a difference in the ability to run fast (Sprint) 40 meters between before and after being given treatment. Where after being given treatment run fast (Sprint) 40 meters ability students become increasingly. So this means that the treatment given to class V students in the form of the use of playing methods has a significant effect that can improve the locomotor motion capability of Students, with a percentage increase of 2.58%. Thus the results of this study can be concluded that the use of play methods can improve the locomotor motion capability of students at the UPTD SD Negeri Sepulu 2 Sepulu Subdistrict Bangkalan District Academic Year 2018-2019.