

ABSTRAK

Abimanyu, Anjasmara Katon. 2021. *Pengaruh permainan tradisional gobak sodor terhadap peningkatan dasar gerak lokomotor kecepatan lari 40 meter (studi pada siswi MI Sunan Giri)* Program Studi Pendidikan Jasmani. Fakultas pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing (1) Drs. Ismawandi, B.P.,M.Pd

Kata Kunci: Gerak, Permainan, Tradisional

Penelitian Pengaruh permainan tradisional gobak sodor terhadap peningkatan dasar gerak lokomotor kecepatan lari 40 meter (studi pada siswi MI Sunan Giri) dilaksanakan di MI Sunan Giri. Berdasarkan masalah tersebut di latar belakang siswi di MI Sunan Giri masih banyak kekurangan dalam kecepatan lari. Penelitian ini bertujuan mengetahui pengaruh permainan tradisional terhadap peningkatan kemampuan dasar gerak lokomotor pada siswa mi sunan giri . Jenis penelitian yang digunakan merupakan analitik observasional melalui pendekatan cross sectional. Pengambilan sampel menggunakan metode yang digunakan dalam penelitian ini adalah eksperimen metode dimana ada perlakuan yang untuk menimbulkan sebuah gejala atau dampak dari perlakuan tersebut populasi 30 siswi data dilakukan dengan observasi serta pengukuran data bivariate, univariate dan deskriptif.

Berdasarkan hasil analisis data dan pembahasan, penulis memperoleh kesimpulan yang dapat diambil dari

penelitian. Pengaruh permainan tradisional gobak sodor terhadap peningkatan dasar gerak lokomotor kecepatan lari 40 meter (studi pada siswi MI Sunan Giri) Secara keseluruhan diperoleh hasil waktu minimum 6,8 dan maksimum 9,7 dengan rata-rata pre test 8,203 dan pada saat post test diperoleh hasil waktu minimum 5.4 dan maksimum 8.3 dengan rata-rata 6.677 hasil presentase peningkatan dengan adanya hasil post test 18.602 % bahwa latihan permainan tradisional memberi pengaruh positif dan meningkatkan terhadap hasil gerak dasar lokomotor. Hasil dari pengujian persyatan analisis hipotesis adanya pengaruh antara variabel pre test dengan variabel post-test sig 0.000 lebih kecil dari probabilitas 0.05 hasil pre test dan post test artinya ada pengaruh antara permainan tradisional dengan meningkatkan dasar gerak lokomotor pada siswi kelas 4 MI SunanGiri Surabaya.

ABSTRACT

Abhimanyu, Anjasmara Katon. 2021. *The effect of the traditional game of gobak sodor on increasing the basic locomotor movement of 40 meters running speed (study on students of MI Sunan Giri)* Physical Education Study Program. Faculty of pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Supervisor (1) Drs. Ismawandi, B.P.,M.PdAbimanyu, Anjasmara Katon. 2021.

Keywords: Motion, Game, Traditional

The research on the effect of the traditional game of gobak sodor on the improvement of locomotor basic movement of 40 meters running speed (study on students of MI Sunan Giri) was carried out at MI Sunan Giri. Based on this problem, the background of students at MI Sunan Giri still lacks in running speed. This study aims to determine the effect of traditional games on improving the basic locomotor skills of Mi Sunan Giri students. The type of research used is observational analytic through a cross sectional approach. Sampling using the method used in this study is an experimental method in which there is a treatment that causes a symptom or impact from the treatment. The population of 30 female students data is carried out by observing and measuring bivariate, univariate and descriptive data.

Based on the results of data analysis and discussion, the authors obtain conclusions that can be

drawn from the research. The effect of the traditional game of gobak sodor on the improvement of locomotor basic movement of 40 meters running speed (study on students of MI Sunan Giri) Overall, the results obtained the minimum time results are 6.8 and the maximum is 9.7 with an average pre-test of 8.203 and at the time of the post-test the results of a minimum time of 5.4 and a maximum of 8.3 are obtained with an average of 6.677 the percentage increase in the results of the post-test 18.602% that the game practice Traditional practice has a positive and increasing effect on the results of basic locomotor movements. The results of testing the requirements of the analysis of the hypothesis that there is an influence between the pre-test variable and the post-test variable sig 0.000 is smaller than the probability of 0.05. The pre-test and post-test results mean that there is an influence between traditional games and increasing the basic locomotor movement in 4th grade students of MI Sunan Giri Surabaya.