

ABSTRAK

RIFQI AZIZ AWALUDDIN. 2025. **Upaya Meningkatkan Hasil Belajar Pencak Silat Tendangan Lurus Melalui Model Pembelajaran *Project Based Learning* Pada Siswa Kelas VIII K SMPN 5 Tasikmalaya**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Tujuan penelitian ini untuk mengetahui penggunaan model pembelajaran *Project based learning* (PJBL) dapat meningkatkan hasil belajar Pencak Silat Teknik tendangan lurus pada peserta didik kelas VIII K SMPN 5 Kota Tasikmalaya. Penelitian ini menggunakan model Penelitian Tindakan Kelas (PTK) dilakukan 2 siklus. Subjek penelitian siswa kelas VIII K SMPN 5 Tasikmalaya jumlah laki-laki 19 dan perempuan 13 siswa, objek penelitian ini adalah proses pembelajaran Tendangan lurus pada pencak silat melalui penerapan model *Project Based Learning*. Instrumen penelitian menerapkan tes observasi dan tes unjuk kerja menggunakan rubrik penilaian yang terdapat pada Modul ajar dimaksudkan untuk mengetahui nilai proses. Hasil penelitian menunjukkan terdapat peningkatan hasil belajar Tendangan Lurus melalui Model Pembelajaran *Project Based Learning* pada siswa kelas VIII K SMPN 5 Tasikmalaya. Setelah penerapan model *Project Based Learning* pada siswa kelas VIII K dilakukan dengan 2 siklus hasilnya sekitar 83,83 diatas Kriteria Ketuntasan Tujuan Pembelajaran (KKTP) yaitu 76. Dapat disimpulkan bahwa proses pembelajaran melalui model *Project Based Learning* terbukti dapat meningkatkan hasil belajar teknik dasar tendangan lurus Pencak Silat di Kelas VIII K SMPN 5 Tasikmalaya.

Kata kunci: Hasil Belajar, *Project Based Learning*, Pencak Silat, Tendangan Lurus.

ABSTRACT

RIFQI AZIZ AWALUDDIN. 2025. *Improving Learning outcomes of straight kick pencak silat through project Based Learning model on Grade VIII K Students of SMPN 5 Tasikmalaya*. Physical Education Department. Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The purpose of this study is to determine whether the use of Project Based Learning (PJBL) model can improve the learning outcomes of straight kick technique in pencak silat for grade VIII K Students of SMPN 5 Tasikmalaya. This study uses a Classroom Action Research (CAR) Model, conducted in 2 cycles. The research subjects were 32 students of grade VIII K, consisting of 19 males and 13 females. The object of this study is the learning process of straight kick technique in pencak silat through kick application of the Project Based Learning model. The research instruments used observation tests and performance tests using assesment rubricss contained in the teaching module, aimed at determining the process value. The results of the study indicate an improvement in the learning outcomes of straight kick technique through the project based learning model for grade VIII K Students, conducted in 2 cycles, the result was around 83.83, exceeding the criteria for completing Learning Objectives (KKTP) of 76. It can be conclouded that the learning process through the project based learning model has proven to improve the learning outcomes of basic straight kick technique in penccak silat for grade VIII K stundents of SMPN 5 Tasikmalaya.

Keywords: Learning Outcomes, Project Based Learning, Pencak Silat, Straight kick.