

ABSTRAK

IKHWAN SAHRUL HAJJ. 222191004. Upaya Meningkatkan Hasil Belajar Materi *Jump Shoot* dengan Menggunakan Model *Problem Based Learning* pada Siswa Kelas IX J Semester 1 Tahun Ajaran 2025/2026 SMP Negeri 5 Tasikmalaya. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Penelitian tindakan kelas yang berjudul “Upaya Meningkatkan Hasil Belajar Materi *Jump Shoot* dengan Menggunakan Model *Problem Based Learning* pada Siswa Kelas IX J Semester 1 Tahun Ajaran 2025/2026 SMP Negeri 5 Tasikmalaya” dilatarbelakangi oleh rendahnya hasil belajar dan kualitas teknik *jump shoot* siswa dengan ketuntasan klasikal awal sebesar 18,75% (6 dari 32 siswa) yang mencapai Kriteria Ketercapaian Tujuan Pembelajaran (KKTP). Tujuan penelitian ini adalah untuk mengetahui apakah terdapat peningkatan hasil belajar materi *jump shoot* pembelajaran bola basket dengan menggunakan model pembelajaran *Problem Based Learning* (PBL) pada siswa kelas IX J semester 1 tahun ajaran 2025/2026 SMPN 5 Tasikmalaya. Penelitian ini menggunakan metode Penelitian Tindakan Kelas (PTK) model Kemmis dan McTaggart yang dilaksanakan dalam dua siklus yang masing-masing terdiri atas tahap perencanaan, tindakan, observasi, dan refleksi. Populasi penelitian adalah seluruh siswa kelas IX J yang berjumlah 32 orang dan seluruhnya dijadikan sampel. Instrumen penelitian meliputi tes hasil belajar materi *jump shoot*, lembar observasi afektif, kognitif, dan psikomotor, serta dokumentasi. Data dikumpulkan melalui tes, observasi, dan dokumentasi, kemudian dianalisis secara deskriptif kuantitatif untuk menghitung rata-rata dan persentase ketuntasan, serta deskriptif kualitatif untuk menggambarkan aktivitas dan respons siswa. Hasil penelitian menunjukkan bahwa penerapan model *Problem Based Learning* dapat meningkatkan hasil belajar materi *jump shoot*, ditandai dengan peningkatan ketuntasan belajar dari 18,75% pada kondisi awal menjadi 84,37% (27 dari 32 siswa) pada siklus II. Dengan demikian, model *Problem Based Learning* efektif digunakan untuk meningkatkan hasil belajar materi *jump shoot* sekaligus mengembangkan keaktifan, kemampuan berpikir kritis, kolaborasi, dan rasa percaya diri siswa dalam pembelajaran PJOK.

Kata kunci: *problem based learning*, hasil belajar, *jump shoot*, bola basket, penelitian tindakan kelas.

ABSTRACT

IKHWAN SAHRUL HAJJ. 222191004. Efforts to Improve Learning Outcomes of Jump Shoot Material Using the Problem Based Learning Model among Grade IX J Students in Semester 1 of the 2025/2026 Academic Year at SMP Negeri 5 Tasikmalaya. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

This classroom action research entitled “Efforts to Improve Learning Outcomes of Jump Shoot Material Using the Problem Based Learning Model among Grade IX J Students in Semester 1 of the 2025/2026 Academic Year at SMP Negeri 5 Tasikmalaya” was motivated by the low learning outcomes and improper jump shoot technique, with only 18,75% (6 of 32 students) initially meeting the Minimum Learning Mastery Criteria (KKTP). This study aimed to determine whether there is an improvement in learning outcomes of jump shoot material in basketball through the use of the Problem Based Learning (PBL) model in Grade IX J. The research employed a Classroom Action Research (CAR) method with the Kemmis and McTaggart design, conducted in two cycles consisting of planning, action, observation, and reflection. The population comprised all 32 students of Grade IX J, all of whom were used as the sample (saturated sample). The instruments used were a jump shoot learning outcomes test, affective, cognitive and psychomotor observation sheets, and documentation. Data were collected through tests, observation, and documentation, and analyzed descriptively using quantitative techniques (mean scores and percentage of mastery) and qualitative description of student activity and responses. The results showed that applying the PBL model increased mastery from 18,75% in the initial condition to 84,73% (27 of 32 students) in cycle it. Thus, the Problem Based Learning model is effective in improving jump shoot learning outcomes while also enhancing students’ activeness, critical thinking, collaboration, and self-confidence in Physical Education.

Keywords: problem based learning, learning outcomes, jump shoot, basketball, classroom action research.