

ABSTRAK

Ahman. 2026 **Implementasi Model Pembelajaran *Problem Based Learning* Terhadap Peningkatan Hasil Belajar Futsal Siswa Kelas XI IPA 7 SMA Negeri 5 Tasikmalaya**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Tujuan penelitian ini untuk mengetahui peningkatan hasil belajar futsal peserta didik setelah diterapkannya model pembelajaran *Problem Based Learning* pada kelas XI IPA 7 SMA Negeri 5 Tasikmalaya. Metode penelitian yang digunakan adalah Penelitian Tindakan Kelas (PTK) dengan desain Kemmis dan McTaggart yang dilaksanakan dalam dua siklus, setiap siklus meliputi tahap perencanaan, pelaksanaan, observasi, dan refleksi. Subjek dalam penelitian ini adalah siswa kelas XI IPA 7 yang berjumlah 35 siswa. Instrumen penelitian meliputi tes kognitif, lembar penilaian psikomotor, lembar observasi afektif. Teknik pengumpulan data dilakukan melalui tes, observasi, dan dokumentasi, sedangkan teknik analisis data menggunakan analisis deskriptif kuantitatif dengan menghitung persentase ketuntasan belajar berdasarkan Kriteria Ketercapaian Tujuan Pembelajaran (KKTP). Hasil penelitian menunjukkan bahwa implementasi model *Problem Based Learning* mampu meningkatkan hasil belajar futsal. Pada Siklus I, pembelajaran materi *passing* dan *dribbling* menunjukkan persentase ketuntasan sebesar 54%, sehingga belum mencapai ketuntasan klasikal yang ditetapkan dan menunjukkan bahwa penerapan PBL pada materi tersebut belum optimal. Pada Siklus II, setelah dilakukan perbaikan implementasi model, pembelajaran pada materi *shooting* dan kombinasi teknik mengalami peningkatan ketuntasan menjadi 88% dan masuk dalam kategori “Sangat Baik”. Hasil tersebut membuktikan bahwa *Problem Based Learning* sudah memberikan hasil yang optimal pada materi *shooting* dan kombinasi teknik, sehingga materi tersebut dinyatakan cocok diterapkan dengan model PBL. Dalam penerapan model PBL, model ini juga mendorong peserta didik aktif berpikir kritis, kerja sama, serta membangun pengetahuan melalui pengalaman interaksi sosial. Dengan demikian, dapat disimpulkan bahwa implementasi model *Problem Based Learning* efektif dalam meningkatkan hasil belajar futsal peserta didik kelas XI IPA 7 SMA Negeri 5 Tasikmalaya.

Kata kunci: Futsal, Hasil Belajar, Penelitian Tindakan Kelas, *Problem Based Learning*

ABSTRACT

Ahman. 2026 *Implementation of Problem Based Learning Model to Improve Futsal Learning Outcomes of Grade XI IPA 7 Students of SMA Negeri 5 Tasikmalaya*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

The purpose of this study was to determine the improvement in students' futsal learning outcomes after the implementation of the Problem Based Learning model in class XI IPA 7 of SMA Negeri 5 Tasikmalaya. The research method used was Classroom Action Research (CAR) with the Kemmis and McTaggart design which was carried out in two cycles, each cycle including the planning, implementation, observation, and reflection stages. The subjects in this study were 35 students of class XI IPA 7. The research instruments included cognitive tests, psychomotor assessment sheets, and affective observation sheets. Data collection techniques were carried out through tests, observations, and documentation, while data analysis techniques used quantitative descriptive analysis by calculating the percentage of learning completion based on the Learning Objective Achievement Criteria (KKTP). The results of the study showed that the implementation of the Problem Based Learning model was able to improve futsal learning outcomes. In Cycle I, learning of passing and dribbling material showed a completion percentage of 54%, so it had not reached the set classical completion and indicated that the application of PBL to the material was not optimal. In Cycle II, after improvements were made to the model implementation, learning on shooting and combination of techniques material experienced an increase in completion to 88% and entered the "Very Good" category. These results prove that Problem Based Learning has provided optimal results on shooting and combination of techniques material, so that the material is declared suitable to be applied with the PBL model. In the application of the PBL model, this model also encourages students to actively think critically, collaborate, and build knowledge through social interaction experiences. Thus, it can be concluded that the implementation of the Problem Based Learning model is effective in improving the futsal learning outcomes of class XI IPA 7 students of SMA Negeri 5 Tasikmalaya.

Keywords: Futsal, Learning Outcomes, Classroom Action Research, Problem Based Learning