

LAPORAN PENELITIAN

MODEL TOURNAMENT BELAJAR ANTAR TIM (TOBAT) UNTUK PENINGKATAN PEMBELAJARAN MATAKULIAH BOLAVOLI

Oleh:

SUHADI

Abstrak

Penelitian ini bertujuan untuk mengetahui upaya peningkatan pembelajaran matakuliah bolavoli Program studi (Prodi) Pendidikan Jasmani, Kesehatan, dan Rekreasi (PJKR), Fakultas Ilmu Keolahragaan (FIK), Universitas Negeri Yogyakarta (UNY).

Penelitian ini menggunakan metode *classroom action research* dengan satu siklus tindakan. Siklus pertama terdiri dari 4 kali tatap muka, kemudian dievaluasi dan direfleksikan untuk tindakan pada siklus berikutnya. Subjek dalam penelitian ini adalah mahasiswa semester satu Prodi PJKR FIK UNY yang menempuh matakuliah bolavoli tahun 2005 yang berjumlah 38 orang. Setting tindakan dilakukan di ruang kuliah selama satu semester (4 x tatap muka). Penyusunan instrument menggunakan pedoman observasi yang dibuat sendiri oleh peneliti. Untuk menyamakan persepsi dengan kolaborator, dilakukan dengan informasi dan diskusi.

Berdasarkan analisis dalam proses pembelajaran, maka dapat disimpulkan bahwa dengan pola TOBAT ternyata dapat meningkatkan proses pembelajaran matakuliah bolavoli Prodi PJKR FIK UNY. Peningkatan ini dapat dilihat: motivasi mahasiswa, partisipasi mahasiswa mengikuti kuliah, kerjasama mahasiswa dalam memecahkan masalah, suasana kelas lebih dinamis dan kondusif, dan partisipasi aktif dosen juga meningkat.

A RESEARCH REPORT

**TEAM BASED TOURNAMENT (TBT) MODEL TO PROMOTE VOLLEYBALL
SUBJECT INSTRUCTIONS**

By:

SUHADI

Abstract

The objective of this research is revealing the efforts to improve volleyball subject instructions of Department of Health and Recreation Education, Faculty of Sport Science, Yogyakarta State University.

This is an action research with one single cycle. The first cycle consisted of 4 meetings which was evaluated and reflected to plan the next cycle. The subjects of this research involved the 38 students of semester 1 of Department of Health and Recreation Education, Faculty of Sport Science, Yogyakarta State University who took the volleyball subject in the academic year of 2005. The setting of this research was in the class for 1 semester (4 meetings). The instruments of this research were observation sheets developed by the researcher. To synchronize the perception with the collaborator, the researcher conducted discussions and information sharing.

On the basis of the analysis on the teaching and learning processes, it can be concluded that TGT model could improve the volleyball subject instructions in Department of Health and Recreation Education, Faculty of Sport Science, Yogyakarta State University. The improvements were in the aspects of students' motivation, students' participation, students' cooperation in solving problems, more dynamic and conducive classroom situation, and active participation of the lecturer which also improved.