

LAPORAN PENELITIAN KELOMPOK

PENYUSUNAN RATING MATAKULIAH DASAR GERAK RENANG BAGI MAHASISWA S1 PENDIDIKAN KEPELATIHAN OLAHRAGA

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Abstrak

Penelitian ini bertujuan untuk menyusun tes standar untuk pengukuran teknik dan kemampuan berenang 100 meter gaya *crawl*, teknik dan kemampuan berenang 50 meter gaya dada, renang menolong, menyelam, dan mengapung bagi mahasiswa Fakultas Ilmu Keolahragaan yang memenuhi syarat validitas, reliabilitas, objektivitas, dan norma.

Penelitian ini merupakan penelitian pengembangan. Subjek penelitian mahasiswa Fakultas Ilmu Keolahragaan jurusan Pendidikan Kepeleatihan Olahraga yang mengambil matakuliah Dasar Gerak Renang pada tahun ajaran 2005-2006 berjumlah 102 mahasiswa. Pengumpulan data dengan menggunakan tes dan pengukuran dan analisis dengan menggunakan *inter rater*, validitas isi, dan korelasi.

Penelitian ini menghasilkan 18 butir skala rating yang terbagi dari 5 tes, (1) tes teknik dan kemampuan berenang 100 meter gaya *crawl* terdiri dari 7 butir skala rating yaitu: (a) posisi tubuh gaya *crawl*, (b) gerakan tungkai ke bawah gaya *crawl*, (c) gerakan face memasukkan lengan gaya *crawl*, (d) gerakan lengan saat melakukan dorongan gaya *crawl*, (e) gerakan lengan saat *recovery* gaya *crawl*, (f) pernafasan gaya *crawl*, dan (g) efektivitas, efisiensi gerak gaya *crawl*; (2) teknik dan kemampuan berenang 50 meter gaya dada terdiri dari 7 butir skala rating yaitu: (a) posisi tubuh gaya dada, (b) gerakan tungkai saat ditarik ke depan gaya dada, (c) fase lengan saat gerakan meluncur gaya dada, (d) gerakan lengan saat melakukan tarikan gaya dada, (e) gerakan lengan setelah tarikan gaya dada, (f) pernafasan gaya dada, dan (g) efektivitas, efisiensi gerak gaya dada; (3) Renang menolong terdiri dari 2 butir skala rating yaitu: (a) gerakan kaki renang menolong, dan (b) cara memegang; (4) menyelam terdiri dari 2 butir skala rating yaitu: (a) posisi tubuh saat turun dan naik dalam menyelam, dan (b) gerakan kaki dan tangan dalam menyelam; (5) mengapung terdiri dari 1 butir skala rating yaitu: (a) gerakan kaki dan tangan saat mengapung. Kualitas instrument ditunjukkan dengan validitas, reliabilitas, dan objektivitas. Validitas dalam penelitian ini menggunakan validitas kriteria dan isi dengan menggunakan 3 orang judge. Koefisien reliabilitas dihitung dengan menggunakan Spearman. Indeks reliabilitas secara keseluruhan 0,934. Renang gaya *crawl* 0,893, Renang gaya dada 0,875, Renang menolong 0,842, menyelam 0,821, mengapung 0,812. Objektivitas antar judge dihitung dengan korelasi antar judge, korelasi antar judge I dan judge II adalah 0,829, korelasi antar Judge II dengan judge III 0,824 dan korelasi antar judge I dan judge III 0,848. Berdasarkan angka korelasi tersebut, maka dapat dikatakan bahwa nilai yang diberikan oleh ketiga judges memiliki korelasi yang cukup erat dikatakan bahwa ketiga judges memberi penilaian yang objektif. Dikelompokkan menjadi 9 kategori yaitu: A, A-, B+, B, B-, C+, C, C-, K. Hasil prestasi belajar, 1 mahasiswa dikategorikan dalam kelompok A, 3 mahasiswa dikategorikan dalam kelompok A-, 6 mahasiswa dikategorikan

dalam kelompok B+, 9 mahasiswa dikategorikan dalam kelompok B, 11 mahasiswa dikategorikan dalam kelompok B-, 12 mahasiswa dikategorikan dalam kelompok C+, 16 mahasiswa dikategorikan dalam kelompok C, 6 mahasiswa dikategorikan dalam kelompok D, dan 37 mahasiswa dikategorikan dalam kelompok K. Berdasarkan temuan penelitian, maka tes ini dapat dipergunakan untuk mengukur tingkat keberhasilan belajar mata kuliah dasar gerak renang bagi mahasiswa Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta.

Kata kunci: skala rating, Gerak dasar Renang.

A GROUP RESEARCH REPORT

DEVELOPING RATING FOR THE SUBJECT OF DASAR GERAK RENANG (BASIC SWIMMING MOVEMENT) FOR UNDERGRADUATE STUDENTS OF DEPARTMENT OF COACHING EDUCATION OF FACULTY OF SPORT SCIENCE, YOGYAKARTA STATE UNIVERSITY

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Abstract

This research study is aimed at developing standard tests to measure 100-meter-crawl-style swimming techniques and abilities, 50-meter-*breaststroke*-style swimming techniques and abilities, live-guard swimming, diving, and floating for the students of Faculty of Sport Science which are valid, reliable, objective, and normalized.

This is a research and development. The subjects of this research were the students of Faculty of Sport Science majoring coaching education who took the swimming basic movement subject in the academic year of 2005-2006. The number of the subjects were 102 students. The data collecting methods used in this research were tests and measurement. The data were analyzed by the inter rater, content validity, and correlation.

The result of this research was in the form of 18 rating scale items which were divided into 5 tests, (1) the test of 100-meter-crawl-style swimming which consisted of 7 rating scale items: (a) body position in crawl style, (b) downward movement of the legs in crawl style, (c) inward arm movement phases in crawl style, (d) the arm pushing movement in crawl style, (e) the arm recovery movement in crawl style, (f) breathing in crawl style, and (g) effectiveness and efficiency movement in crawl style; (2) the technique and ability in 50-meter-*breaststroke*-style swimming which consisted of 7 rating scale items: (a) body position in *breaststroke* style, (b) downward movement of the legs in crawl style, (c) gliding arm movement phases in breast stroke style, (d) the arm pulling movement in *breaststroke* style, (e) the arm recovery movement after pulling in *breaststroke* style, (f) breathing in breast stroke style, and (g) effectiveness and efficiency movement in breaststroke style; (3) live-guard swimming which consisted of 2 rating scale items: (a) the leg movement in live-guard swimming, and (b) the holding technique; (4) diving which consisted of 2 rating scale items: (a) body positioning in upward and downward movement in diving, and (b) the arm and leg movement in diving; (5) floating which consisted of 1 rating scale item: (a) the arm and leg movement when floating. The quality of the instruments was demonstrated in the validity, reliability, and objectivity. The validity in this research was measured by 3 judges using criteria and content validity. The reliability coefficient was measured using Spearman. The reliability index of the whole scale was 0.934. The reliability indexes of crawl style, breaststroke style, live-guard swimming, diving, and floating were 0.893, 0.875, 0.842, 0.821, and 0.812 subsequently. The objectivity among the judges was measured using correlation between judges. The correlation between judge I and judge II was 0.829. The correlation between judge II and judge III was 0.824. The correlation between judge I and judge III was 0.848. Based on the values of correlation, it could be determined that the three judges possessed high correlation so that the judges provided objective ratings. There were 9 mark

categories involving A, A-, B+, B, B-, C+, C, C-, and K. The result of this study showed that only 1 student was categorized in A, 3 students in A-, 6 students B+, 9 students in B, 11 students in B-, 12 students in C+, 16 students in C, 6 students is D, and 37 students were categorized in K. Based on the results of this research, this tests could be used to measure the achievement in learning swimming basic movements for the students of Faculty of Sport Science, Yogyakarta State University.

Key words: rating scale, Swimming Basic Movements