LAPORAN PENELITIAN

IDENTIFIKASI KESULITAN BELAJAR TEKNIK RENANG GAYA *CRAWL* BAGI MAHASISWA D-2 PENJAS TAHUN 2001

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Abstrak

Keberhasilan belajar bagi mahasiswa merupakan hal yang mutlak harus diupayakan. Namun keberhasilan belajar renang bagi mahasiswa nampaknya masih belum menggembirakan. Khususnya bagi mahasiswa D-2 Penjas FIK UNY. Untuk itu peneliti ingin mengetahui apakah faktor yang menyulitkan belajar renang gaya *crawl*.

Metode penelitian menggunakan survei, populasi penelitian adalah mahasiswa D-2 PGSD Penjas FIK UNY yang angkatan tahun 2001 yang telah menempuh renang. Sampel penelitian adalah sensus seluruh populasi. Pengumpulan data dengan angket, analisis data dengan deskriptif persentase.

Hasil penelitian menunjukkan bahwa faktor gerakan pernafasan merupakan faktor yang persentase menyulitkan tinggi disusul faktor kombinasi gerakan dan mempertahankan posisi badan. Sedangkan faktor gerakan kaki dengan lengan persentase menyulitkan rendah.

A RESEARCH REPORT

IDENTIFYING DIFFICULTIES IN LEARNING CRAWL-STYLE SWIMMING FOR D-II
STUDENTS OF ELEMENTARY SCHOOL TEACHER EDUCATION FOR SPORT
YEAR 2001

By:

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Abstract

Each student should give the best effort to achieve success in learning. The success in learning swimming of the students is not satisfactory, especially for students of study program of elementary school teacher education for sport in Faculty of Sport Science, YSU. Thus, the researcher wanted to determine the obstacles in learning crawl style swimming.

This study used survey method. The population involved D-II students of study program of elementary school teacher education for sport in Faculty of Sport Science, YSU class 2000 who took the subject of swimming. The samples of this study were all of the population. The data were collected through questionnaire and were analyzed using descriptive with percentages.

The results of this study confirm that factors related to breathing movement were the highest obstacle in its percentage continued with factors related to combined movements and retaining body position. Furthermore, the obstacles involving leg and arm movements had low percentage.