

LAPORAN PENELITIAN

PENERAPAN LABORATORY INSTRUCTIONAL DALAM PROSES PEMBELAJARAN MATA KULIAH PERKEMBANGAN MOTORIK MAHASISWA PRODI PKO FIK UNY

ENDANG RINI SUKAMTI, M.S.

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Abstrak

Penelitian ini bertujuan untuk mengetahui apakah penerapan *laboratory instructional* dalam proses pembelajaran dengan tugas dan Tanya jawab berdampak positif terhadap pemahaman mahasiswa pada mata kuliah Perkembangan Motorik.

Populasi dan sampel dalam penelitian ini adalah mahasiswa Prodi PKO yang mengikuti mata kuliah Perkembangan Motorik dengan jumlah 57 orang. Penelitian ini dirancang dengan menggunakan penelitian tindakan yang tersusun atas beberapa siklus meliputi perencanaan, tindakan, pengamatan, dan refleksi.

Hasil penelitian menunjukkan bahwa: hasil belajar mahasiswa dalam matakuliah Perkembangan Motorik dapat ditingkatkan melalui penerapan *laboratory instructional*, terbukti 84% mahasiswa berhasil mencapai kelulusan dengan nilai 60% ke atas (nilai C ke atas). Penerapan *laboratory instructional* terbukti mampu meningkatkan keaktifan dan partisipasi mahasiswa, ketepatan penyelesaian tugas, diskusi kelompok, penguasaan materi, pemanfaatan waktu belajar, kesiapan diskusi, dan kesesuaian jawaban dengan materi perkuliahan dalam Tanya jawab dan kuis yang diberikan oleh dosen.

A RESEARCH REPORT

**THE APPLICATION OF LABORATORY INSTRUCTION IN THE LEARNING
PROCESS OF PERKEMBANGAN MOTORIK (MOTORIC DEVELOPMENT) SUBJECT
OF THE STUDENTS OF DEPARTMENT COACHING EDUCATION OF FACULTY OF
SPORT SCIENCE OF YOGYAKARTA STATE UNIVERSITY**

ENDANG RINI SUKAMTI, M.S.

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Abstract

The objective of this research is to determine whether or not the application of *laboratory instructional* in the learning process which involved assignments and discussions positively affected students' understanding on the subject.

Population and samples involved in this research study were 57 students of Department of Coaching Education who took the Perkembangan Motorik (Motoric Development) subject. This is an action research which consisted of several cycles which were planning, action, observation, and reflection.

The results of this research show that the learning outcomes of the students in the subject could be improved through the application of *laboratory instructional* in the learning process. It was proven by 84% of the students were able to complete the subject attaining 60% or above (with C mark or above). The application of *laboratory instructional* was proven to improve students' participation, punctuality in completing the assignments, group discussion, mastery of materials, learning time management, readiness in discussions, and students' appropriateness in answers in question-answer sessions and quizzes given by the lecturer.