ABSTRAK

Indah Dayu Utama Sari. *Pengembangan Alat Untuk Melatih Power Loncatan Pemain Bolavoli.* Skripsi. Pacitan: STKIP PGRI Pacitan, 2022.

Penelitian ini bertujuan untuk menghasilkan sebuah alat yang bisa digunakan dalam membantu proses latihan power loncatan pemain bolavoli. Alat ini dibuat dengan sederhana namun memiliki pengaruh yang besar dalam membatu melatih powerloncatan pemain bolavoli.

Penelitian ini menggunakan desain penelitian dan pengembangan. Langkah-langkah yang dilakukan adalah sebagai berikut; (1) identifikasi masalah, (2) pengumpulan informasi, (3) perencanaan penelitian, (4) desain produk, (5) validasi produk, (6) revisi produk, (7) uji coba, (8) produksi akhir. Instrumen yang digunakan untuk mengumpulkan data antara lain; (1) angket validasi ahli materi, (2) angket validasi ahli media, dan (3) lembar kuesioner atlet. Validasi kelayakan uji coba produk melibatkan ahli materi dan ahli media. Uji coba skala kecil dilakukan terhadap 12 pemain. Sedangkan uji coba skala besar melibatkan 24 pemain. Teknik analisis data menggunakan Teknik analisis kuantitatif *presentase*.

Hasil validasi menurut ahli materi adalah "Sangat Baik" dengan rata-rata skor 85% untuk aspek materi dan 81,4% untuk aspek fungsional. Menurut ahli media adalah "Sangat Baik" dengan rata-rata skor 82% untuk tampilan alat dan 90% untuk desain buku petunjuk penggunaan. Hasil penelitian yang dilakukan dalam tahap uji coba skala kecil penilaian terhadap kualitas produk yang dikembangkan diperoleh rata-rata sebesar 77,63% termasuk dalam kategori "Baik" dan pada penelitian yang dilakukan dalam tahap uji coba skala besar penilaian terhadap kualitas produk yang dikembangkan diperoleh rata-rata sebesar 87,1% termasuk dalam kategori "Sangat Baik". Berdasarkan pernyataan yang diperoleh dari ahli materi, ahli media dan uji coba yang dilakukan pada pemain bolavoli yang menunjukkan respon yang sangat baik untuk produk yang dihasilkan dalam uji coba produk.

Kata kunci : Bolavoli, Loncatan, Power.

http://repository.stkippacitan.ac.id

ABSTRACT

Indah Dayu Utama Sari: *Development of Tools to Train the Jumping Power of Volleyball Players.* Thesis. Pacitan: STKIP PGRI Pacitan, 2022.

This study aims to produce a tool that can be used in assisting the process of power training for volleyball players. This tool was made simply but gave a great influence in helping to train volleyball players' power jumps. It was hoped that this tool can facilitate the process of power training for volleyball players and facilitate or assist coaches in the process of power training, especially in the field of volleyball.

This study used a research and development design. The steps taken were as follows; (1) problem identification, (2) information gathering, (3) research planning, (4) product design, (5) product validation, (6) product revision, (7) trial run, (8) final production. A small-scale trial was conducted on several volleyball players in the village of Worawari. Quality assessment and product validation involve two experts, namely material experts and media experts. The instruments used to collect data that include; (1) material expert validation questionnaire, (2) media expert validation questionnaire, and (3) athlete questionnaire sheet. Validation of the feasibility of product trials involves material experts and media experts. A small-scale trial was conducted on 12 volleyball players. The large-scale trial involved 24 volleyball players. The data analysis technique used a percentage quantitative analysis technique.

The results of the validation according to material experts were "Very Good" with an average score of 85% for the material aspect and 81.4% for the functional aspect. According to media experts it was "Very Good" with an average score of 82% for the display of the tool and 90% for the user manual design. Result of research conducted in the small-scale trial stage, an assessment of the quality of the developed product obtained an average of 77.63% included in the "Good" category and in research conducted in the large-scale trial stage an assessment of the quality of the developed product was obtained an average of 87.1% included in the "Very Good" category. Based on the statements obtained from material experts, media experts and trials conducted on volleyball players, it can be concluded that very good response to the products that was produced in product trials.

Keywords: *Volleyball, Jumping, Power*

http://repository.stkippacitan.ac.id