

ABSTRAK

Zanuar Muchamad Nelsan. *PENGEMBANGAN ALAT BANTU LATIHAN POWER SMASH BOLAVOLI PEMULA.* Skripsi. Pacitan: STKIP PGRI Pacitan, 2023.

Penelitian ini bertujuan untuk membuat alat bantu latihan *power smash* bolavoli. Produk yang dikembangkan telah disesuaikan dengan kebutuhan serta didesain seefektif mungkin untuk latihan. Diharapkan alat bantu latihan *power smash* bolavoli dapat digunakan dalam meningkatkan kualitas para atlet bolavoli.

Metode penelitian ini merupakan penelitian pengembangan (R&D). Prosedur penelitian ini, yaitu 1) identifikasi masalah. 2) pengumpulan informasi. 3) perencanaan penelitian. 4) desain produk. 5) validasi produk. 6) revisi produk. 7) uji coba produk. 8) produksi akhir. Instrumen menggunakan Teknik pengambilan data berupa angket ahli materi, angket ahli media, dan lembar kuesioner. Uji coba skala besar dilakukan di klub bolavoli di Kabupaten Pacitan berjumlah 31 atlet dan uji skala besar dilakukan di 4 klub di kabupaten pacitan berjumlah 63 atlet. Analisis data menggunakan skala likert.

Berdasarkan hasil penelitian, 1) penilaian dari ahli materi, terdapat 2 aspek yang dinilai yaitu aspek materi 92% dan aspek fungsional 88% penelitian tersebut mendapatkan rata-rata 90% dengan kategori “Sangat Baik”. 2) penilaian dari ahli media terdapat 2 aspek yang dinilai yaitu aspek tampilan alat 100% dan aspek desain penggunaan alat 88,5% penilaian tersebut mendapatkan rata-rata 94,2% dengan kategori “Sangat Baik”. 3) Hasil data uji skala kecil mendapatkan rata-rata 89,35% dalam kriteria “Sangat Baik” dan hasil data uji skala besar dari rata-rata penilaian adalah 92,15% dalam kriteria “Sangat Baik”.

Kata Kunci: Bolavoli, *Power*, *Smash*

ABSTRACT

Zanuar Muchamad Nelsan. *DEVELOPMENT OF BEGINNERS' POWER SMASH TRAINING TOOLS.* Thesis. Pacitan: STKIP PGRI Pacitan, 2023.

This study aims to make a power smash volleyball training tool. The products developed based on the needs and designed to be as effective as possible in training. It is hoped that the volleyball power smash training aids can be useful in improving the quality of volleyball athletes.

This research method is a development research (R&D). The procedure of this research, namely 1) problem identification. 2) information gathering. 3) research planning. 4) product design. 5) product validation. 6) product revision. 7) product trials. 8) final production. The instrument uses data collection techniques in the form of material expert questionnaires, media expert questionnaires, and questionnaire sheets. Large-scale trials were carried out at volleyball clubs in Pacitan Regency with a total of 31 athletes and large-scale trials were carried out at 4 clubs in Pacitan Regency with a total of 63 athletes. Data analysis using a Likert scale.

Based on the results of the research, 1) assessment from material experts, there were 2 aspects assessed, namely material aspects 92% and functional aspects 88% of the study obtained an average of 90% in the "Very Good" category. 2) assessment from media experts, there are 2 aspects that are assessed, namely the display aspect of the tool 100% and the design aspect of using the tool 88.5%, the assessment gets an average of 94.2% in the "Very Good" category. 3) The results of the small-scale test data get an average of 89.35% in the "Very Good" criteria and the results of the large-scale test data from the average assessment are 92.15% in the "Very Good" criteria.

Keywords: Volleyball, Power, Smash