

ABSTRAK

Ardiyanto, A N R . 2022. Faktor Penghambat Kemampuan Melakukan Gerakan Sikap Lilin Murid Kelas VII Sekolah Menengah Pertama Negeri 9 Kota Mojokerto. Skripsi, Program Studi Pendidikan Olahraga, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember.
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Kata Kunci : Penghambat, Sikap lilin , Pembelajaran Jasmani

Latar belakang masalah identifikasi sebagai berikut: 1. Peserta didik masih kesulitan melakukan gerakan sikap lilin karena tidak memahami materi 2. Peserta didik kurang menggemari sikap lilin karena malu dan takut 3. Belum diketahuinya faktor penghambat kemampuan melakukan gerakan sikap lilin murid kelas VII SMP Negeri 9 Kota Mojokerto

Penelitian ini menggunakan penelitian deskriptif kualitatif faktor internal meliputi kondisi fisiologis dan psikologis. Rasa malas untuk belajar yang timbul dari dalam diri peserta didik dapat disebabkan karena kurang atau tidak adanya motivasi diri.

Berdasarkan faktor eksternal pada indikator materi pembelajaran yaitu peserta didik kurang menyukai materi pembelajaran sikap lilin, hal tersebut dikarenakan dalam pembelajaran sikap lilin tidak ada unsur permainan seperti materi olahraga yang lain, yaitu sepakbola, kasti.

Berdasarkan hasil penelitian (1) faktor internal, (a) indikator fisik kurang baik, merasa tidak nyaman setelah mengikuti pembelajaran sikap lilin dikarenakan badan menjadi sakit dan pegal-pegal. (b) indikator psikis kurang baik, dikarenakan peserta didik kurang tertarik mengikuti pembelajaran sikap lilin, dan takut cedera saat melakukan gerakan sikap lilin. (2) faktor eksternal, Indikator materi pembelajaran sikap lilin kurang disukai oleh peserta didik, karena peserta didik lebih menyukai olahraga permainan.

ABSTRACT

Ardiyanto, A N R . 2022. *Factors Inhibiting the Ability to Do Candle Attitude Movements for Class VII Students of State Junior High School 9 Mojokerto City. Thesis, Sport Education Study Program, Faculty of Teacher Training and Education, University of Muhammadiyah Jember. Supervisor : (1). Bahtiar Hari Hardovi, M.Pd. (2) Topo Yono, M.Pd.*
Keywords: *Inhibitors, armstand, Physical Learning*

Based on the background of the problem above, several problems can be identified as follows: 1. Students still have difficulty doing the candle gesture because they do not understand the material 2. Students are less fond of the candle attitude because of shame and fear 3.

The factors that inhibit the ability to do the wax attitude movement are unknown. VII grade students of SMP Negeri 9 Mojokerto. This research uses a qualitative descriptive study. Internal factors include physiological and psychological conditions. Laziness to learn that arises from within students can be caused by lack or absence of self-motivation.

Based on external factors on the indicators of learning materials, namely students do not like the wax attitude learning material, this is because in wax attitude learning there are no game elements like other sports material, namely football, baseball.

Based on the results of research (1) Internal factors, (a) Physical indicators are not good, feel uncomfortable after participating in the candle attitude lesson because the body becomes sick and aches. (b) Psychic indicators are not good, because students are less interested in participating in wax attitude learning, and are afraid of injury when doing wax attitude movements. (2) External factors, indicators of wax attitude learning material are less liked by students, because students prefer sports games.