

ABSTRAK

Rendi Airlangga Prastiyo. 2026. Pengaruh Permainan Tradisional Gobak Sodor Terhadap Kebugaran Jasmani Siswa Putra Kelas V dan VI SDN 01 Balerejo Kecamatan Kebonsari Kabupaten Madiun. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Dosen Pembimbing I Dr. Ardyansyah Arief Budi Utomo, S.Pd., M.Pd. dan Dosen Pembimbing II Ghon Lisdiantoro, S.Pd., M.Or.

Kebugaran jasmani merupakan aspek penting dalam mendukung aktivitas fisik siswa sekolah dasar. Permainan tradisional Gobak Sodor menjadi salah satu bentuk aktivitas yang melatih kecepatan, kelincahan, kekuatan, dan daya tahan. Penelitian ini bertujuan untuk mengetahui pengaruh permainan tradisional Gobak Sodor terhadap kebugaran jasmani siswa putra kelas V dan VI SDN 01 Balerejo Kecamatan Kebonsari Kabupaten Madiun. Penelitian ini menggunakan metode kuantitatif dengan desain One Group *Pre-test-Post-test* Design. Populasi sekaligus sampel penelitian berjumlah 20 siswa putra yang diambil menggunakan teknik total sampling. Instrumen penelitian yang digunakan adalah Tes Kebugaran Jasmani Indonesia (TKJI) meliputi lari 40 meter, pull-up, sit-up, vertical jump, dan lari 600 meter. Penelitian dilaksanakan selama 10 kali pertemuan, terdiri dari pre-test pada pertemuan pertama, perlakuan permainan Gobak Sodor pada pertemuan kedua hingga kesembilan, serta post-test pada pertemuan kesepuluh. Data dianalisis menggunakan uji normalitas, uji homogenitas, dan Paired Sample t-test. Hasil uji statistik menunjukkan data berdistribusi normal dan homogen ($\text{sig. } 0,698 > 0,05$). Hasil Paired Sample t-test memperoleh nilai $\text{Sig. } 0,000 < 0,05$, dapat disimpulkan bahwa permainan Gobak Sodor berpengaruh signifikan terhadap peningkatan kebugaran jasmani siswa.

Kata kunci: permainan Gobak Sodor, kebugaran jasmani, TKJI, siswa sekolah dasar.

ABSTRACT

Rendi Airlangga Prastiyo. 2026. The Effect of the Traditional Gobak Sodor Game on the Physical Fitness of Male Fifth- and Sixth-Grade Students at SDN 01 Balerejo, Kebonsari District, Madiun Regency. Undergraduate Thesis. Study Program of Sports Science, Faculty of Health Sciences and Sports, Universitas PGRI Madiun. First Advisor: Dr. Ardyansyah Arief Budi Utomo, S.Pd., M.Pd. Second Advisor: Ghon Lisdiantoro, S.Pd., M.Or.

Physical fitness is an important aspect in supporting the physical activities of elementary school students. The traditional game of Gobak Sodor is a form of activity that trains speed, agility, strength, and endurance. This study aims to determine the effect of the traditional game Gobak Sodor on the physical fitness of 5th and 6th-grade male students at SDN 01 Balerejo, Kebonsari District, Madiun Regency. This research used a quantitative method with a One Group Pre-test-Posttest Design. The population, which also served as the sample of the study, consisted of 20 male students selected using total sampling techniques. The research instrument used was the Indonesian Physical Fitness Test (Tes Kebugaran Jasmani Indonesia / TKJI), which includes a 40-meter sprint, pull-ups, sit-ups, vertical jump, and a 600-meter run. The study was conducted over 10 sessions, consisting of a pre-test in the first session, Gobak Sodor treatment from the second to ninth sessions, and a post-test in the tenth session. Data were analyzed using normality tests, homogeneity tests, and a Paired Sample t-test. The statistical test results showed that the data were normally distributed and homogeneous ($\text{sig. } 0.698 > 0.05$). The results of the Paired Sample t-test obtained a value of Sig. ($-12.254 < 0.05$); thus, it can be concluded that the traditional game of Gobak Sodor has a significant effect on improving students' physical fitness.

Keywords: *Gobak Sodor game, physical fitness, Indonesian Physical Fitness Test, elementary school students.*