

ABSTRAK

Ali Hendra, 2024. Analisis Keterampilan Renang Gaya Bebas Mahasiswa Pendidikan Jasmani Universitas Muhammadiyah Kotabumi. Skripsi Fakultas FKIP, program studi pendidikan jasmani Universitas muhammadiyah kotabumi- lampung. Pembimbing Dr. Badawi, M.Pd.

Penelitian ini bertujuan untuk menganalisis tingkat keterampilan renang gaya bebas mahasiswa pendidikan jasmani Universitas Muhammadiyah Kotabumi. Jenis penelitian ini menggunakan metode deskriptif kualitatif. Penelitian dilaksanakan pada mahasiswa pendidikan jasmani semester 3 angkatan 2023 berjumlah 16 orang. Penelitian ini akan dikembangkan instrumen penelitian sederhana melalui observasi, wawancara, dan dokumentasi.

Teknik Pernapasan, dari hasil pengamatan oleh peneliti terdapat 3 mahasiswa dikategorikan (18,75% Kurang Baik) dalam menguasai teknik pernapasan. Dan dari hasil pengamatan oleh peneliti terdapat 5 mahasiswa dikategorikan (31,25% Cukup) dalam menguasai teknik pernapasan. Dan dari hasil pengamatan oleh peneliti terdapat 8 mahasiswa dikategorikan (50% Baik) dalam menguasai teknik pernapasan. Posisi Tubuh, dari hasil pengamatan oleh peneliti terdapat 3 mahasiswa dikategorikan (18,5% Cukup) saat melakukan posisi tubuh saat melakukan renang gaya bebas. Dari hasil pengamatan oleh peneliti terdapat 13 mahasiswa di kategorikan (81,25% Baik) saat melakukan posisi tubuh saat melakukan renang gaya bebas. Gerak Kaki, dari hasil pengamatan oleh peneliti terdapat 16 mahasiswa dikategorikan (100% Baik) saat melakukan gerak kaki renang gaya bebas. Gerak Lengan, dari hasil pengamatan oleh peneliti terdapat 16 mahasiswa dikategorikan (100% Baik) saat melakukan gerak lengan renang gaya bebas.

Melakukan teknik renang gaya bebas mahasiswa memerlukan efikasi diri. Kesimpulan bahwa “Keterampilan renang gaya bebas mahasiswa pendidikan jasmani Universitas Muhammadiyah Kotabumi”, masih dikategorikan baik.

Kata Kunci : Keterampilan, Renang, Renang Gaya Bebas

ABSTRACT

Ali Hendra 2024. Analysis of Freestyle Swimming Skills of Physical Education Students at Muhammadiyah University Kotabumi. FKIP Faculty Thesis, physical education study program, Muhammadiyah University, Kotabumi-Lampung. Supervisor Dr. Badawi, M.Pd.

This study aims to analyze the level of freestyle swimming skills of physical education students at Muhammadiyah University Kotabumi. This type of research uses a qualitative descriptive method. The research was carried out on 16 semester 3 physical education students class of 2023. This research will develop a simple research instrument through observation, interviews and documentation.

Breathing Techniques, from the results of observations by researchers, there were 3 students categorized as (18.75% Poor) in mastering breathing techniques. And from the results of observations by researchers, there were 5 students categorized as (31.25% Fair) in mastering breathing techniques. And from the results of observations by researchers, there were 8 students categorized as (50% Good) in mastering breathing techniques. Body Position, from the results of observations by researchers, there were 3 students categorized as (18.5% Fair) when carrying out body positions when swimming freestyle. From the results of observations by researchers, there were 13 students categorized as (81.25% Good) when carrying out body positions when swimming freestyle. Footwork, from the results of observations by researchers, there were 16 students categorized as (100% Good) when doing freestyle swimming footwork. Arm Movements, from the results of observations by researchers, there were 16 students categorized as (100% Good) when carrying out freestyle swimming arm movements.

Carrying out freestyle swimming techniques for students requires self-efficacy. The conclusion is that "Freestyle swimming skills of physical education students at Muhammadiyah University Kotabumi" is still categorized as good.

Key Words: Skill, Swimming, Freestyle Swimming