

IMPLEMENTASI MANAJEMEN KELAS PANAHAN PADA TAHAP PRA PROGRAM EKSTRAKURIKULER TERHADAP PRESTASI KETRAMPILAN MEMANAH SISWA SEKOLAH DASAR

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ABSTRACT

Currently archery is a sport that is growing in popularity in society. Archery has many benefits that are needed at the stage of growth and development of students at school. Archery sports activities can also be packaged in the form of games, individual activities, groups and other physical activities that can develop cognitive, affective and psychomotor aspects in regular PJOK learning or extracurricular programs at school. However, most elementary schools (SD) in the city of Yogyakarta do not yet organize archery extracurricular activities. This is due to the lack of human resources in schools who master and understand archery skills. Apart from that, it is also due to limited existing facilities and infrastructure. This research is a quantitative research with a one group pretest-posttest pre-experimental design. The research was carried out at the Muhammadiyah Jogokaryan Elementary School (SD) Yogyakarta City with subjects aged 10-12 years who took part in a pre-curricular archery sports program. The research sample was taken using a simple random sampling method in classes IV - VI totaling 15 students. The technique for collecting interest data is by giving a questionnaire before and after the implementation of the archery extracurricular pre-program. Data collection techniques for archery skills were carried out between before and after the implementation of the pre-extracurricular program by giving archery tests at a distance of 5 meters in 12 sessions/encouragement by shooting at 6 children. The results of the paired sample test sig value. (2-tailed) $0.001 < 0.05$ means there is a difference between the pre-test and post-test. The pre-test score was 59.53 and post-test 78.13, meaning there was a descriptive improvement. The results of the N-gain effectiveness test have an average value of 0.43, which is in the medium category. Findings from observations by researchers in the field have also found that the results of the effectiveness of the medium level category are influenced by limited equipment and facilities for archery extracurricular activities. The conclusions are: (1) The implementation of archery class management at the pre-extracurricular program stage has a significant effect in improving the archery skills of Muhammadiyah Jogokaryan Elementary School (SD) students; (2) The implementation of archery class management at the pre-extracurricular program stage in properly managed archery teaching has been proven to be effective in improving archery skills, but only falls into the moderate effectiveness category. This is due to limited equipment and facilities for archery extracurricular activities at Muhammadiyah Jogokaryan Elementary School (SD); (3) Management of archery sports classes at the pre-extracurricular program stage requires planning, organizing, implementation/instruction and evaluation/assessment steps; (4) Support for equipment and facilities is needed for archery extracurricular activities at SD Muhammadiyah Jogokaryan in particular and in all elementary schools (SD) in the administrative area of the city of Yogyakarta in general. This is to be able to provide maximum archery skill achievement for elementary school (SD) students aged 10-12 years and also as an encouragement for the cultivation of archery athletes in the city of Yogyakarta.

Kata Kunci: *Class management, pre-extracurricular program, archery achievement, elementary school students*