

# LEARNING DIFICULTY FACTORS IN GYMNASTIC THROUGH PORTOFOLIO MODEL

by Pamuji Sukoco1\*, Farida Mulyaningsih1, Ranintya Meikahani1

## ABSTRACT

### "> LEARNING DIFICULTY FACTORS IN GYMNASTIC THROUGH PORTOFOLIO MODEL

Pamuji Sukoco1\*, Farida Mulyaningsih1, Ranintya Meikahani1

1Yogyakarta State University, Yogyakarta, Indonesia

\*pamuji\_sukoco@uny.ac.id

Keywords: dificulty factors, gymnastic, portofolio

Abstract: The purpose of this study is to examine learning skill's difficulties on gymnastic movement through portofolio model PJSD FIK-UNY student. Using interview method, population of this research comes from PJSD FIK-UNY student who attend basic movement of gymnastic lecture. Data analysis use qualitative descriptive from Mile and Huberman. The proses of data analysis such as data reduction, presentation of data, and conclusion. Based on the result, this study claim about dificulty factor in learning gymnastic movement which can be categorized in physical factors and psychology factors. Physical factors include strength, power, flexibility and movement harmonization. On the other hand, psychology factors talk about confident.

Kata Kunci: *dificulty factors, gymnastic, portofolio*