

PENGARUH METODE LATIHAN DAN *MOTOR EDUCABILITY* TERHADAP  
KETERAMPILAN KARATE- KATA

TESIS

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Magister Pendidikan Bidang Studi Pendidikan Olahraga



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# **Pengaruh Metode Latihan dan *Motor Educability* Terhadap Keterampilan *Karate-Kata***

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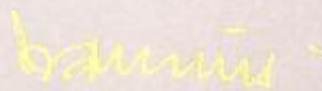
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## ABSTRAK

Studi ini dilatarbelakangi oleh kompleksitas gerak pada *karate-kata* yang membutuhkan metode latihan yang tepat agar dapat dikuasai atlet sesuai peraturan *world karate federation*. Tujuan penelitian ini adalah untuk mengetahui pengaruh *metode latihan whole part whole* dan metode latihan *whole* pada siswa yang memiliki *motor educability* tinggi dan rendah terhadap keterampilan *karate-kata* siswa yang mengikuti ekstrakurikuler karate. Metode penelitian yang digunakan yaitu metode *ex post facto* dengan desain *factorial 2x2*. Sampel penelitian berjumlah 80 orang yang diambil secara *simple purposive sampling* pada siswa yang mengikuti ekstrakurikuler *karate* di SDIT Darul Ma'arif Kabupaten Bandung. Latihan dilakukan dua kali dalam satu minggu selama 20 minggu persiapan ujian kenaikan sabuk *karate* semester II tahun 2019. Instrument test yang digunakan adalah keterampilan *karate-kata heian shodan*, dan penilaian keterampilan *karate-kata heian shodan* dilakukan oleh wasit Inkanas bersertifikat wasit tingkat daerah Jawa Barat. setiap siswa tampil sendiri memainkan *karate-kata heian shodan* dalam suasana pertandingan. Data yang diperoleh dan diolah dengan *software MS Excel 2010* menggunakan Uji Anova dua Jalur. Hasil penelitian terungkap bahwa: 1). *Metode latihan whole part whole* lebih baik dari pada *metode latihan whole* terhadap keterampilan *karate-kata* 2). Tidak terdapat interaksi antara metode latihan dan *motor educability* terhadap keterampilan *karate-kata*. 3). Siswa yang memiliki *motor educability* tinggi dilatih dengan metode latihan *whole part whole* lebih baik dari pada siswa yang dilatih dengan metode latihan *whole* terhadap keterampilan *karate-kata* 4). Siswa yang memiliki *motor educability* tinggi dilatih dengan metode latihan *whole part whole* lebih baik dari pada siswa yang dilatih dengan metode latihan *whole* terhadap keterampilan *karate-kata*. Implikasi dari penelitian ini adalah dengan penggunaan metode latihan *whole part whole* mempermudah pelatih meningkatkan kemampuan siswa dalam keterampilan *karate-kata*.

**Karate-katakunci :** metode latihan *whole part whole*, metode latihan *whole*, *motor educability*, keterampilan *karate-kata*

## ABSTRACT

*The complexity of karate kata's movements needs a more appropriate training method so that athletes can master it according to the World Karate Federation's rules. Therefore, this study aims to investigate the effect of the whole part whole training method and the whole training method on students with high and low motor abilities towards the karate kata skills of students who joined the karate extracurricular program. This research was conducted using ex post facto method with a 2x2 factorial design. The research sample consisted of 80 people selected from students who joined karate extracurricular program at SDIT Darul Ma'arif Bandung Regency by using simple purposive sampling. The training was carried out twice a week for 20 weeks during the preparation for semester II of the 2019 karate belt examination. Karate Kata Heian Shodan skill was used as the test instrument, and it was assessed by a West Java provincial certified Inkanas referee. Each student practiced the Karate Kata Heian Shodan alone in a match atmosphere. The obtained data were processed with MS Excel 2010 software using a two-way Anova test. The results revealed that: 1). The whole part whole method is better than the whole method for karate kata skills 2). There is no interaction between the training method and motor ability towards karate kata skills. 3). Students with high motor ability trained with the whole part whole method had better karate kata skills than students trained with the whole method 4). Students with high motor educability trained with the whole part whole method were better than students trained with the whole method. This study's implication is that the whole part whole method enables the coach to improve the students' karate kata skills easier.*

**Keywords:** *whole part whole practice method, whole practice method, motor educability, karate-kata skill*

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