

ABSTRAK

PENGEMBANGAN MEDIA LATIHAN *JURUS-FLASH* (J-FLASH) PADA JURUS TUNGGAL BAKU BAGI PESERTA EKSTRAKURIKULER PENCAK SILAT

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Latar Belakang: Latihan jurus tunggal baku Pencak Silat pada ekstrakurikuler SMP/MTs masih menggunakan metode konvensional sehingga peserta kesulitan memahami urutan gerak dan ketepatan teknik secara mandiri. Penelitian ini bertujuan mengembangkan media latihan berbasis *flashcard* (J-FLASH) serta menguji kelayakan, kepraktisan, dan efektivitasnya.

Metodologi: Penelitian menggunakan metode *Research and Development* (R&D) dengan pendekatan kuantitatif deskriptif berdasarkan model *Borg dan Gall* (1983) yang terdiri atas sepuluh tahapan. Subjek penelitian meliputi ahli materi, ahli media, ahli bahasa, dan peserta ekstrakurikuler Pencak Silat pada empat sekolah yang dipilih *purposive sampling*. Instrumen berupa validasi ahli, angket, tes kognitif pilihan ganda, dan tes keterampilan, dianalisis menggunakan statistik deskriptif dan uji *Wilcoxon Signed Rank Test* berbantuan SPSS 27.

Hasil Penelitian: Hasil menunjukkan media J-FLASH sangat layak dan praktis, dengan validasi ahli meningkat dari 79% (layak) menjadi 95% (sangat layak), angket peserta rata-rata 83% (sangat layak), dan kepraktisan 88% (sangat praktis). Uji *Wilcoxon* menunjukkan perbedaan signifikan antara *pretest* dan *posttest* pada aspek kognitif ($Z = -5,035$) dan psikomotorik ($Z = -5,233$, $p < 0,05$), menandakan media efektif meningkatkan hasil belajar.

Kesimpulan: media *flashcard* J-FLASH layak, praktis, dan efektif sebagai media pendukung latihan jurus tunggal baku Pencak Silat pada ekstrakurikuler SMP/MTs.

Kata kunci: *Flashcard*, jurus tunggal baku, pencak silat, ekstrakurikuler.

ABSTRACT

DEVELOPMENT OF JURUS-FLASH (J-FLASH) TRAINING MEDIA FOR STANDARD SINGLE MOVES FOR EXTRACURRICULAR PARTICIPANTS PENCAK SILAT

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Background: Conventional single-movement Pencak Silat training in junior high school/MTs extracurricular activities still uses conventional methods, making it difficult for participants to understand the sequence of movements and technical accuracy independently. This study aims to develop flashcard-based training media (J-FLASH) and test its feasibility, practicality, and effectiveness.

Methods: This study uses a Research and Development (R&D) method with a descriptive quantitative approach based on the Borg and Gall (1983) model, which consists of ten stages. The research subjects included subject matter experts, media experts, language experts, and Pencak Silat extracurricular participants from four schools selected using purposive sampling. The tools used included expert validation, questionnaires, multiple-choice cognitive tests, and skill tests, which were analyzed using descriptive statistics and the Wilcoxon Signed Rank Test with the help of SPSS 27.

Results: The results show that the J-FLASH media is very feasible and practical, with expert validation increasing from 79% (feasible) to 95% (very feasible), participant questionnaires averaging 83% (very feasible), and practicality at 88% (very practical). The Wilcoxon test showed significant differences between pre-tests and post-tests in cognitive ($Z = -5.035$) and psychomotor ($Z = -5.233$, $p < 0.05$) aspects, indicating that the media effectively improved learning outcomes.

Conclusion: J-FLASH flashcards are feasible, practical, and effective as a supporting medium for practicing standard Pencak Silat movements in junior high school/MTs extracurricular activities.

Keywords: Flashcards, standard movements, pencak silat, extracurricular activities.