

ABSTRAK

Fauzan Pamatriyadi. 2024. *Penerapan Teknik Dasar Olah Tubuh Dalam Kegiatan Ekstrakurikuler Tari Di SMAN Titian Teras H.Abdurrahman Sayoeti Untuk Meningkatkan Kemampuan Tubuh Penari*. Skripsi, Program Studi Seni Drama Tari dan Musik, Jurusan Seni Sastra Dan Arkeologi, Fakultas Keguruan dan Ilmu Pendidikan Universitas Jambi. Pembimbing 1 Prof.Dr. Mahdi Bahar S.Kar., M.Hum. dan Pembimbing 2 Anny Wahyuni S.Pd., M.Pd.

Penelitian ini bertujuan untuk mendeskripsikan penerapan teknik dasar olah tubuh dalam kegiatan ekstrakurikuler tari untuk meningkatkan kemampuan olah tubuh tari. Jenis penelitian ini adalah Penelitian Tindakan Kelas (*Classroom Action Research*) dengan menggunakan desain model Suharsimi Arikunto. Penelitian ini terdiri dari dua siklus dan tiap siklus terdiri dari 4 tahapan, yaitu (1) Perencanaan, (2) Pelaksanaan Tindakan, (3) Observasi, (4) Refleksi. Penelitian ini dilaksanakan di SMAN Titian Teras H.Abdurrahman Sayoeti Jambi pada Semester Genap tahun ajaran 2023/2024. Subjek penelitian ini adalah siswa yang mengikuti kegiatan ekstrakurikuler tari berjumlah 16 orang. Teknik pengumpulan dilakukan melalui observasi dan dokumentasi secara kuantitatif deskriptif. Data yang dikumpulkan kemudian dianalisis dengan mendeskripsikan hasil pengamatan. Hasil penelitian ini diperoleh, bahwa Teknik dasar olah tubuh dalam penelitian ini dilaksanakan dengan melakukan pemanasan terlebih dahulu, kemudian gerakan inti dan diakhiri dengan pendinginan. Penerapan teknik dasar olah tubuh yang dilakukan, dapat meningkatkan kemampuan siswa dalam mengolah tubuh sehingga siswa mampu menarikan berbagai macam gerak. Selain itu siswa juga mampu mengendalikan keseimbangan dan kelenturan tubuh mereka dalam kegiatan sehari-hari. Siswa juga mampu mengembangkan kemampuan dalam menari dengan rutin melakukan kegiatan olah tubuh tari pada saat ekstrakurikuler tari dilaksanakan maupun saat tidak melaksanakan ekstrakurikuler.

Berdasarkan hasil penelitian ini, dapat disimpulkan bahwa penerapan teknik dasar olah tubuh pada kegiatan ekstrakurikuler tari mampu meningkatkan kemampuan tubuh penari di SMAN Titian Teras H.Abdurrahman Sayoeti Jambi.

Kata Kunci : Ekstrakurikuler, Tari, Olah Tubuh, Meningkatkan

ABSTRAC

Fauzan Pamatriyadi. 2024. The Application of Basic Body Movement Techniques in Dance Extracurricular Activities at SMAN Titian Teras H.

Abdurrahman Sayoeti to Improve Dancers' Body Movement Skills. Thesis, Drama, Dance, and Music Arts Program, Department of Arts, Literature, and Archaeology, Faculty of Teacher Training and Education, University of Jambi. Supervisor 1: Prof. Dr. Mahdi Bahar S.Kar., M.Hum. and Supervisor 2: Anny Wahyuni S.Pd., M.Pd.

This research aims to describe the application of basic body movement techniques in dance extracurricular activities to improve dance body movement skills. This type of research is Classroom Action Research using the Suharsimi Arikunto model design. The research consists of two cycles, each comprising four stages: (1) Planning, (2) Action Implementation, (3) Observation, (4) Reflection. This research was conducted at SMAN Titian Teras H. Abdurrahman Sayoeti Jambi in the second semester of the 2023/2024 academic year. The subjects of this research were 16 students participating in dance extracurricular activities. Data collection techniques included observation and documentation through descriptive quantitative methods. The collected data were then analyzed by describing the observation results.

The findings of this research showed that the basic body movement techniques were implemented by first doing warm-up exercises, followed by the core movements, and ending with cool-down exercises. The application of these basic body movement techniques was able to improve students' abilities in body movement, allowing them to perform various movements. Additionally, students were able to control their balance and flexibility in their daily activities. Students also developed their dancing skills by regularly practicing body movements during and outside of dance extracurricular activities.

Based on the research findings, it can be concluded that the application of basic body movement techniques in dance extracurricular activities can improve the dancers' body movement skills at SMAN Titian Teras H. Abdurrahman Sayoeti Jambi.

Keywords: Extracurricular, Dance, Body Movement, Improvement