

ABSTRAK

Syahrial Siagian. (NIM 6161121058) “PENGARUH LATIHAN *MEDICINE BALL TWIST TOSS* DAN *FOREARM PRONATION EXERCISE* TERHADAP *FOREHAND DRIVE* KOMUNITAS TENIS LAPANGAN UNIMED TAHUN 2020”.

(Pembimbing : Mahmuddin)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *medicine ball twist toss* dan *forearm pronation exercise* terhadap *forehand drive* komunitas tenis lapangan UNIMED dengan terdapat dua bentuk latihan tersebut, yang dimana kedua bentuk latihan tersebut dirancang untuk meningkatkan hasil pukulan *forehand drive* pada tenis lapangan.

Penelitian ini dilakukan di komunitas tenis lapangan unimed yang berlokasi di Jalan Williem Iskandar Pasar V No. 1589 (lapangan *Tennis FIK UNIMED*). Pengambilan data dimulai dari tanggal 01 Desember – 23 Desember 2020, dengan jumlah sampel pada penelitian ini berjumlah 10 orang. Metode penelitian ini adalah Eksperimen dengan melakukan tes awal (*pre test*) yaitu *forehand drive*, kemudian sampel diberikan perlakuan berupa latihan *medicine ball twist toss* dan *forearm pronation exercise* dengan program latihan yang telah disusun. Kemudian setelah kurang lebih empat minggu menjalani latihan terprogram, sampel melakukan tes akhir (*post test*).

Analisis hipotesis yaitu, pengaruh latihan *medicine ball twist toss* dan *forearm pronation exercise* terhadap peningkatan kemampuan *forehand drive* komunitas tenis lapangan UNIMED tahun 2020, diperoleh t_{hitung} 4,21 dan t_{tabel} 2,26 pada taraf nyata $\alpha = 0,05$ maka $t_{hitung} > t_{tabel}$. Berdasarkan kriteria pengujian hipotesis yaitu H_0 ditolak dan H_a diterima, maka dalam penelitian ini menyatakan bahwa “terdapat pengaruh latihan latihan *medicine ball twist toss* dan *forearm pronation exercise* terhadap peningkatan hasil pukulan *forehand drive* di komunitas tenis lapangan UNIMED tahun 2020”.

Kata kunci : *forehand drive*, tenis lapangan, *medicine ball twist toss*, *forearm pronation exercise*.

ABSTRACT

Syahrial Siagian. (NIM 6161121058) "THE INFLUENCE OF MEDICINE BALL TWIST TOSS AND FOREARM PRONATION EXERCISE TRAINING ON THE FOREHAND DRIVE OF UNIMED FIELD TENNIS COMMUNITY IN 2020".

(Advisor: Mahmuddin)

Thesis: Faculty of Sports Science, UNIMED 2021

This study aims to determine the effect of medicine ball twist toss exercises and forearm pronation exercises on the forehand drive of the UNIMED tennis court community. There are two forms of training, both of which are designed to improve the results of forehand drive in tennis court.

This research was conducted in the unimed tennis community which is located at Jalan Williem Iskandar Pasar V No. 1589 (FIK UNIMED Tennis court). Data collection starts from December 1 - December 23, 2020, with the number of samples in this study amounting to 10 people. This research method is an experiment by conducting a pre-test, namely a forehand drive, then the sample is given treatment in the form of a medicine ball twist toss exercise and a forearm pronation exercise with a compiled exercise program. Then after approximately four weeks of programmed training, the sample conducted a final test (post test).

Hypothesis analysis, namely, the effect of the medicine ball twist toss exercise and forearm pronation exercise on the improvement of the forehand drive ability of the UNIMED tennis court community in 2020, obtained t_{count} 4.21 and t_{table} 2.26 at the real level $\alpha = 0.05$, then $t_{count} > t_{table}$. Based on the hypothesis testing criteria, H_0 is rejected and H_a is accepted, this study states that "there is an effect of medicine ball twist toss exercises and forearm pronation exercise on the improvement of forehand drive results in the UNIMED tennis court community in 2020".

Keywords: forehand, drive, tennis court, medicine ball twist toss, forearm pronation exercise.