

ABSTRAK

NISRINA NAILA. (NIM 6161121042) “KONTRIBUSI LATIHAN PNF DAN SHUTTLE RUN TERHADAP KEMAMPUAN TENDANGAN DOLLYO CHAGI PADA ATLET PRA-JUNIOR PUTRA USIA 10-13 TAHUN TIGER SUMATERA TAEKWONDO CLUB BINJAI 2021”.

(Dosen Pembimbing Skripsi : Dr. Imran Akhmad, M.Pd.)

SKRIPSI : FAKULTAS ILMU KEOLAHRAGAAN UNIMED 2021

Penelitian ini bertujuan untuk mengetahui kontribusi latihan PNF dan latihan Shuttle Run terhadap kemampuan tendangan Dollyo Chagi pada atlet Pra-Junior putra usia 10-13 tahun Tiger Sumatera Taekwondo Club Binjai 2021. Hasil penelitian menunjukkan bahwa masing-masing latihan yang telah diberikan yaitu latihan PNF dan latihan Shuttle Run memiliki kontribusi yang signifikan terhadap kemampuan tendangan Dollyo Chagi.

Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan teknik pengambilan data dengan melibatkan dua variabel bebas yaitu PNF dan Shuttle Run terhadap variabel terikat kemampuan tendangan dollyo chagi. Desain penelitian ini menggunakan *post-test one grup design*. Teknik analisa yang digunakan dalam penelitian ini adalah uji normalitas, uji linieritas. Setelah penelitian ini dilakukan selama 6 minggu pada tanggal 20 Februari 2021-10 April 2021 dengan frekuensi latihan 3 kali seminggu. Adapun populasi dalam penelitian ini atlet pra-junior putra usia 10-13 tahun Tiger Sumatera Taekwondo Club Binjai yang berjumlah 30 atlet. Setelah dilakukan teknik pengambilan sampel dengan menggunakan teknik *purposive sampling* maka diperoleh sampel yang berjumlah 10 orang atlet putra usia 10-13 tahun.

Hasil penelitian ini menunjukkan bahwa (1) Terdapat kontribusi latihan PNF terhadap kemampuan tendangan dollyo chagi sebesar 79 % (2) Terdapat kontribusi latihan Shuttle Run terhadap kemampuan tendangan dollyo chagi 19.2% (3) Terdapat kontribusi latihan PNF dan Shuttle Run terhadap kemampuan tendangan dollyo chagi diketahui dengan cara melihat nilai R ($r^2 \times 100\%$). Nilai r^2 sebesar 0.911, sehingga diketahui besarnya sumbangan sebesar 91.1%

Kata kunci: PNF, Shuttle Run, Dollyo Chagi, Taekwondo.

ABSTRACT

NISRINA NAILA. (NIM 6161121042) "CONTRIBUTION OF PNF AND SHUTTLE RUN TRAINING ON DOLLYO CHAGI'S KICK ABILITY IN PRE-JUNIOR ATHLETES AGE 10-13 YEARS TIGER SUMATERA TAEKWONDO CLUB BINJAI 2021."

(Thesis Supervisor: Dr. Imran Akhmad, M.Pd.) THESIS: FACULTY OF SCIENCE OF SCIENCE UNTMED 2021.

This study aims to determine the contribution of PNF training and Shuttle Run training to Dollyo Chagi's kicking ability in male Pre-Junior athletes aged 10-13 years Tiger Sumatra Taekwondo Club Binjai 2021. The results show that each exercise that has been given is PNF training and Shuttle Run practice has a significant contribution to Dollyo Chagi's kicking abilities.

The method used in this study is an experimental method with data collection techniques involving two independent variables, namely PNF and Shuttle Run on the dependent variable dollyo chagi kick ability. The design of this study used a post-test one group design. The analysis technique used in this research is the normality test, linearity test. After this research was carried out for 6 weeks on February 20, 2021-10 April 2021 with a frequency of training 3 times a week. The population in this study were male pre-junior athletes aged 10-13 years old tiger sumatera taekwondo club binjai, totaling 30 athletes. After the sampling technique was carried out using purposive sampling technique, it was obtained a sample of 10 male athletes aged 10-13 years.

The results of this study indicate that (1) There is a contribution of PNF training to the dollyo chagi kick ability of 79% (2) There is a contribution of Shuttle Run training to the dollyo chagi kick ability 19.2% (3) There is a contribution of PNF and Shuttle Run training to the dollyo chagi kicking ability known by looking at the value of R ($r^2 \times 100\%$). The value of r^2 is 0.911, so it is known that the amount of contribution is 91.1%.

Keywords :PNF, Shuttle Run, Dollyo Chagi's Kicking, Taekwondo