

ABSTRAK

Muhammad Alwi Rahman, Pengembangan Alat Latihan Power Otot Lengan Pada Atlet Lempar Lembing. (Pembimbing skripsi: Dr. Tarsyad Nugraha, M.Kes.), Skripsi : Fakultas Ilmu Keolahragaan

Tujuan Dari Penelitian Ini Adalah Untuk Menunjang Latihan Yang Baik Pada Atlet Lempar Lembing Khususnya Pada Usia 14-16 Tahun Di Kota Tebing Tinggi Khususnya Sekolah SMA Negeri 4 Tebing Tinggi. Bentuk Model Yang Dibuat Terlebih Dahulu Divalidasi Oleh Dua Ahli, 1 Ahli Media Dalam Bidang Teknologi, 1 Ahli Materi Dalam Bidang Atletik, Dimana Presentase Validitasnya Adalah 84%-85%. Metode Yang Digunakan Adalah Metode Penelitian Pengembangan (Research and Development/R&D)

Hasil Uji Sample Kecil Melibatkan 5 Orang Siswa/Atlet Lempar Lembing SMA Negeri 4 Tebing Tinggi Menunjukkan Bahwa Hasil Dari Responden Menunjukkan Presentase 92, 97, 102, 124 Dan Memndapatkan Rentan Presentase 73%, 77%, 81%, 96%. Data Tersebut Didapatkan Berdasarkan Angket Yang Diberikan Kepada Siswa/Atlet Di SMA Negeri 4 Tebing Tinggi.

Pada Uji Sample Besar Melibatkan 30 Orang Umum Yang Dimana Saya Ambil Para Masyarakat Yang Sedang Berolahraga Diwilayah Tanah Lapang Kota Tebing Tinggi Menunjukkan Bahwa Hasil Dari Responden Menunjukkan Presentase 92,94, 95, 97,100, 102, 105, 108,111,112,116,121 Dan 122, Maka Bila Dilihat Pada Tabel Tersebut Masing Masing Berada Pada Rentang Presentase 73%, 75%, 76%, 77%, 80%, 81%, 82%, 84%, 86%, 89%, 92%,97% Dan 98%.

Hasil Dari Penilaian Siswa/Atlet Di SMA Negeri 4 Tebing Tinggi Serta Hasil Dari Penilaian Validator Media, Dan Validator Materi. Maka Dapat Ditarik Kesimpulan Bahwa Alat Pengembangan Latihan Ini Dapat Dikategorikan Layak Dengan Melihat Presentase Yang Diberikan Para Responden Yang Memberikan Beberapa Penilaian Baik Dan Sangat Baik Pada Angket Yang Sudah Diberikan.

Kata kunci : Pengembangan, Lempar Lembing, Power Lengan.

ABSTRAK

Muhammad Alwi Rahman, Development of Arm Muscle Power Training Equipment for Javelin Throwing Athletes. (Thesis supervisor: Dr. Tarsyad Nugraha, M.Kes.), Thesis: Faculty of Sports Science

The purpose of this research is to support good practice in javelin throwing athletes, especially at the age of 14-16 years in the city of Tebing Tinggi, especially in SMA Negeri 4 Tebing Tinggi. The form of the model that was made beforehand was validated by two experts, 1 media expert in technology, 1 material expert in athletics, where the percentage of validity was 84%-85%. The method used is the Research and Development (R&D) method.

The results of a small sample test involving 5 students / javelin-throwing athletes at SMA Negeri 4 Tebing Tinggi showed that the results of the respondents showed a percentage of 92, 97, 102, 124 and got a vulnerable percentage of 73%, 77%, 81%, 96%. The data was obtained based on a questionnaire given to students/athletes at SMA Negeri 4 Tebing Tinggi.

In a large sample test involving 30 general people, where I took the community who are exercising in the Tanah Lapang area of Tebing Tinggi City, it showed that the results of the respondents showed a percentage of 92.94, 95, 97,100, 102, 105, 108,111,112,116,121 and 122, so when viewed in The Tables Are Each In The Percentage Range Of 73%, 75%, 76%, 77%, 80%, 81%, 82%, 84%, 86%, 89%, 92%, 97% and 98%.

The results of the assessment of students/athletes at SMA Negeri 4 Tebing Tinggi and the results of the assessment of media validators and material validators. Then it can be concluded that this exercise development tool can be categorized as feasible by looking at the percentage given by the respondents who gave several good and very good ratings on the questionnaire that was given.

Keywords: Development, Javelin Throw, Arm Power.