

ABSTRAK

Almuttaqin. (NIM 6162121002) “PENGARUH LATIHAN *SINGLE LEG BOUND* DAN *LEG SQUAT JUMP* TERHADAP *POWER* TUNGKAI ATLET *CLUB* PENCAK SILAT KOSIDO ACEH UTARA”.

(Pembimbing : Novita)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *single leg bound* dan *leg squat jump* terhadap *power* tungkai atlet pencak silat *club* KOSIDO Aceh Utara, dengan terdapat dua bentuk latihan tersebut, yang dimana kedua bentuk latihan tersebut dirancang untuk meningkatkan *power* tungkai.

Penelitian ini dilakukan di *Club* KOSIDO Aceh Utara yang beralamat di Jl. Teupin Pundi, Kecamatan Syamtalira Aron Kabupaten Aceh Utara Pengambilan data dimulai dari tanggal 27 Juli – 27 Agustus 2021, dengan jumlah sampel pada penelitian ini berjumlah 10 orang. Metode penelitian ini adalah Eksperimen dengan melakukan tes awal (*pre test*) yaitu *power* tungkai kemudian sampel diberikan perlakuan berupa latihan *single leg bound* dan *leg squat jump* dengan program latihan yang telah disusun. Kemudian setelah kurang lebih enam minggu menjalani latihan terprogram, sampel melakukan tes akhir (*post test*).

Analisis hipotesis yaitu, pengaruh latihan *single leg bound* dan *leg squat jump* terhadap peningkatan *power* tungkai atlet pencak silat *club* KOSIDO Aceh Utara, diperoleh $t_{hitung} 13$ 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 *single leg bound* dan *leg squat jump* terhadap peningkatan *power* tungkai atlet pencak silat *club* KOSIDO Aceh Utara”.

Kata kunci : *power, single leg bound, leg squat jump, pencak silat.*

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ABSTRACT

**Almuttaqin. (NIM 6162121002) "INFLUENCE OF SINGLE LEG BOUND AND LEG SQUAT JUMP TRAINING ON LIMB POWER OF PENCAK SILAT CLUB ATHLETES KOSIDO NORTH ACEH".(Supervisor : Novita)
Thesis : Faculty of Sport Science UNIMED 2021**

This study aims to determine the effect of single leg bound and leg squat jump exercises on the leg power of the pencak silat club KOSIDO North Aceh athletes, with two forms of exercise, both of which are designed to increase leg power.

This research was conducted at Club KOSIDO Aceh Utara which is located at Jl. Teupin Punti, Syamtalira Aron District, North Aceh Regency. Data collection started from 27 July to 27 August 2021, with the number of samples in this study amounting to 10 people. This research method is an experiment by conducting an initial test (pre test) namely leg power then the sample is given treatment in the form of single leg bound exercises and leg squat jumps with an exercise program that has been prepared. Then after approximately six weeks of programmed exercise, the sample did a final test (post test).

Hypothesis analysis, namely, the effect of single leg bound and leg squat jump exercises on increasing the leg power of the pencak silat club KOSIDO North Aceh, obtained t_{count} 13 and t_{table} 2.26 at the real level = 0.05, then $t_{count} > t_{table}$. Based on the hypothesis testing criteria, namely H_0 is rejected and H_a is accepted, this study states that "there is an effect of single leg bound and leg squat jump exercises on increasing the leg power of the pencak silat club KOSIDO North Aceh".

Keywords: power, single leg bound, leg squat jump, pencak silat.

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