

ABSTRAK

Aziz Hafif. NIM. 6142121005. Pengaruh Metode Latihan PNF dan latihan Dinamis Terhadap Fleksibilitas Otot Pinggang Atlet Senam Lantai Persada Community (PC) Tahun 2021.

Pembimbing: Imran Akhmad

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021.

Penelitian ini bertujuan untuk mengetahui ada tidaknya pengaruh latihan PNF dan latihan dinamis terhadap Fleksibilitas Otot Pinggang Atlet Senam Lantai Persada Community (PC) Tahun 2021. Penelitian ini dilaksanakan di Lapangan Senam Persada Community PC Pasaman Barat, Sumatera Barat. Populasi pada penelitian ini adalah atlet Persada Community PC Tahun 2021 dan Sampel penelitian ini yaitu atlet Persada Community sebanyak 10 orang. Metode penelitian yang dilakukan adalah metode eksperimen (perlakuan) dengan teknik pengambilan data yang melibatkan satu variabel bebas dan satu variabel terikat yaitu latihan PNF dan latihan dinamis sebagai variabel bebas dan Fleksibilitas Otot Pinggang sebagai variabel terikat. Hasil pengujian hipotesis diperoleh nilai T-Hitung sebesar 11,08 dan dibandingkan dengan T-Tabel sebesar 2,26, nilai T-Hit > T-Tabel. Kesimpulan penelitian yaitu Terdapat pengaruh latihan PNF dan latihan dinamis terhadap Fleksibilitas Otot Pinggang Atlet Senam Lantai Persada Community (PC) Tahun 2021.

Kata Kunci : Latihan PNF, Latihan Dinamis, Senam Lantai

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ABSTRACT

Aziz Hafif. NIM. 6142121005. The Effect of PNF Exercise Methods and Dynamic Exercises on Flexibility of the Waist Muscles of Persada Community (PC) Floor Gymnastics Athletes in 2021.

Guidance: Imran Akhmad

Thesis : Faculti of sport science UNIMED 2021.

This study aims to determine whether there is an effect of PNF exercise and dynamic exercise on the Flexibility of the Waist Muscles of the Persada Community (PC) Floor Gymnastics Athletes in 2021. This research was carried out at the Persada Community PC Gymnastics Field, Pasaman Barat, West Sumatra. The population in this study were Persada Community PC athletes in 2021 and the sample of this study was 10 Persada Community athletes. The research method used is an experimental method (treatment) with data collection techniques involving one independent variable and one variable, namely PNF training and dynamic exercise as the independent variable and Waist Muscle Flexibility as the dependent variable. The test results obtained the T-Count value of 11.08 and compared with the T-Table of 2.26, the T-Hit value $>$ T-Table. The conclusion of the study is that there is an effect of PNF exercise and dynamic exercise on the Flexibility of the Waist Muscles of the Persada Community (PC) Floor Gymnastics Athletes in 2021.

Keywords: PNF Exercise, Dynamic Exercise, Floor Gymnastics

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