

ABSTRAK

Delima Surianita. “KONTRIBUSI LATIHAN *QUICK LEAP*, *SEATED FORWARD BEND* DAN *MEDICINE BALL SIT-UP THROW* TERHADAP HASIL *SMASH* ATLET BOLA VOLI PBV DELI SERDANG TAHUN 2021”

(Pembimbing : **Dr. Imran Akhmad, S.Pd.,M.Pd.**)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021

Tujuan penelitian ini adalah untuk mengetahui kontribusi latihan *quick leap*, *seated forward bend* dan *medicine ball sit-up throw* terhadap hasil *smash* atlet bola voli pbv deli serdang tahun 2021. Metode yang digunakan adalah metode eksperimen dengan desain *pre-test* dan *post-test one group desain*.

Populasi dalam penelitian ini sebanyak 12 Orang, dan sampel yang diambil berjumlah 10 orang diambil dengan cara *sampling purposive*. Penelitian ini dilakukan 18 kali pertemuan sebanyak 3 kali dalam satu minggu selama 6 minggu. Hasil analisis data menunjukkan ada peningkatan kemampuan *Smash* setelah mendapatkan perlakuan.

Teknik analisis data menggunakan uji-t, dengan hasil hipotesis pertama pada kontribusi latihan *quick leap*, *seated forward bend* dan *medicine ball sit-up throw* terhadap hasil *smash* atlet bola voli pbv deli serdang diperoleh $t_{hitung} = 10,95$ serta $t_{tabel} = 2,26$ dengan $\alpha = 0,05$ ($t_{hitung} > t_{tabel}$) berarti H_0 ditolak dan H_a diterima. Dengan kesimpulan latihan kontribusi latihan *quick leap*, *seated forward bend* dan *medicine ball sit-up throw* berpengaruh terhadap hasil *smash* atlet bola voli pbv deli serdang.

Kata Kunci : *Quick Leap*, *Seated Forward Bend* Dan *Medicine Ball Sit-Up Throw*, *Smash*

ABSTRACT

Delima Surianita “ THE CONTRIBUTION OF QUICK LEAP, SEATED FORWARD BEND AND MEDICINE BALL SIT-UP THROW RESULTS TO THE RESULTS OF THE PBV VOLLEY BALL ATHLETES PBV DELI SERDANG IN 2021”

(Supervisor : Dr. Imran Akhmad, S.Pd., M.Pd.)

Thesis : Faculty of Sport Science UNIMED 2021

The purpose of this study was to determine the contribution of quick leap, seated forward bend and medicine ball sit-up throw exercises to the smash results of PBV Deli Serdang volleyball athletes in 2021. The method used was an experimental method with a one-group pre-test and post-test design.

The population in this study was 12 people, and the samples taken were 10 people taken by purposive sampling. This research was conducted 18 meetings 3 times a week for 6 weeks. The results of data analysis showed that there was an increase in the ability of Smash after getting treatment.

The data analysis technique uses t-test, with the results of the first hypothesis on the contribution of quick leap exercises, seated forward bends and medicine ball sit-up throws to the smash results of PBV Deli Serdang volleyball athletes obtained $t_{count} = 10.95$ and $t_{table} = 2, 26$ with $\alpha = 0.05$ ($t_{count} > t_{table}$) means that H_0 is rejected and H_a is accepted. With the conclusion of the exercise, the contribution of quick leap, seated forward bend and medicine ball sit-up throw exercises have an effect on the smash results of PBV Deli Serdang volleyball athletes.

Keywords: : Quick Leap, Seated Forward Bend Dan Medicine Ball Sit-Up Throw , Smash

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