

ABSTRACT

Hartono Zendrato (NIM 6173321029). “Differences in the Influence of Part Method Training with Whole Method Training on the Shooting Ability of Unimed Hockey Club Men's Athletes in Indoor Hockey in 2021”

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Thesis: Fakultas Ilmu Keolahragaan 2021

The purpose of this study is to find out the effect of part method training with whole methods on the shooting ability of unimed hockey club men athletes in indoor hockey games in 2021. The study also aims to find out how much the difference part method training with whole method training to the shooting ability of unimed hockey club men in indoor hockey games in 2021.

The study was an experimental study and was conducted at the Unimed hockey club. The study subjects were 10 Unimed hockey club men's athletes selected using purposive sampling techniques. Then the study data was analyzed using the normality and homogeneity test with a t test at a significant level of 5%.

The results showed that: (1) There is an influence of part method training on shooting ability with t count $6.53 > t$ table 2.13 and significance value of $0.000 < 0.05$, with an average difference in shooting ability of 3.20; (2) There is an effect of whole method training on shooting ability with a count of $5.17 > t$ table 2.13 and significance values of $0.000 < 0.05$, with an average difference of 3.20; (3) Part method training methods have more influence on improving shooting ability, with an average posttest difference of 0.60.

Keywords: Part Method, Whole Method, Shooting, Indoor Hockey



ABSTRAK

Hartono Zendrato (NIM 6173321029). “Perbedaan Pengaruh Latihan *Part Method* dengan Latihan *Whole Method* Terhadap Kemampuan *Shooting* Atlet Putra Unimed *Hockey Club* pada Permainan *Hockey Indoor* Tahun 2021”

Pembimbing: Novita

Skripsi: Fakultas Ilmu Keolahragaan 2021

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *part method* dengan *whole method* terhadap kemampuan *shooting* atlet putra unimed *hockey club* pada permainan *hockey indoor* tahun 2021. Penelitian ini juga bertujuan untuk mengetahui seberapa besar perbedaan latihan *part method* dengan latihan *whole method* terhadap kemampuan *shooting* atlet putra unimed *hockey club* pada permainan *hockey indoor* tahun 2021.

Penelitian ini merupakan penelitian eksperimen dan dilakukan di Unimed *hockey club*. Subjek penelitian adalah atlet putra unimed *hockey club* yang berjumlah 10 orang yang dipilih dengan menggunakan teknik *purposive sampling*. Kemudian data penelitian dianalisis menggunakan uji normalitas dan homogenitas dengan uji t pada taraf signifikan 5%.

Hasil Penelitian menunjukkan bahwa: (1) Ada pengaruh latihan *part method* terhadap kemampuan *shooting* dengan t hitung $6.53 > t$ tabel 2.13 dan nilai signifikansi $0,000 < 0,05$, dengan selisih rerata kemampuan *shooting* sebesar 3.20; (2) Ada pengaruh latihan *whole method* terhadap kemampuan *shooting* dengan t hitung $5.17 > t$ tabel 2.13 dan nilai signifikansi $0,000 < 0,05$, dengan selisih rerata 3.20; (3) Metode latihan *part method* lebih berpengaruh terhadap peningkatan kemampuan *shooting*, dengan selisih rata-rata *posttest* sebesar 0.60.

Kata kunci: Part Method, Whole Method, Shooting, Hockey Indoor

