

## ABSTRACT

**Allsendra Doehan Sinambela 6173121005 "Development of Front Handspring and Back Handspring Aids for PERSANI Athletes in Medan City in 2021", Supervisor: Irwansyah Siregar, S.Pd, M.Pd. Thesis: Faculty of Sports Science UNIMED 2021.**

*This study aims to develop a front handspring and back handspring tool for Persani Medan City in the form of an octagonal mat to help athletes train front handspring and back handspring movements in floor gymnastics so that the exercises carried out get maximum results. This research method is a type of research and development (R&D). The subjects of this research were taken from Siahaan Gymnastic, Sumber Champion Gymnastic Club, and Windy's Gymnastic. The front handspring and back handspring training aids were first validated by 3 experts, 1 expert in sports, 1 expert in tools/media, 1 expert in trainer. The results of the study of all validated data obtained the average value of the percentage of validity is 92%, thus according to the expert the category "Very Eligible". The results of small group trials involving 8 athletes from Windy's Gymnastic Club with 77% - 95% results and can be continued in large group trials. The results of the large group trial involved 16 athletes, 4 from Siahaan Gymnastic, 4 athletes from Sumber Juara Gymnastic Club, and 8 athletes from Windy's Gymnastic with 74% - 97% results. From the results of small group trials and large group trials, it can be concluded that front handspring and back handspring training aids octagonal mats can be used to assist front handspring and back handspring exercises in floor exercise.*

**Key Point :** Aids, Front Handspring, Back Handspring, Gymnastics.



## ABSTRAK

**Allsendra Doehan Sinambela 6173121005 “Pengembangan Alat Bantu Latihan *Front Handspring* dan *Back Handspring* Pada Atlet PERSANI Kota Medan Tahun 2021”. Pembimbing Skripsi: Irwansyah Siregar, S.Pd, M.Pd. Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2021.**

Penelitian ini bertujuan untuk mengembangkan alat bantu latihan *front handspring* dan *back handspring* Persani Kota Medan yang berbentuk matras segi delapan untuk membantu atlet melatih gerakan *front handspring* dan *back handspring* dalam senam lantai agar latihan yang dilakukan mendapatkan hasil yang maksimal. Metode penelitian ini merupakan jenis penelitian pengembangan atau *Research and Development (R&D)*. Subjek penelitian ini diambil dari Sisiahan *Gymnastic*, Sumber Juara *Gymnastic Club*, dan *Windy's Gymnastic*. Alat bantu latihan *front handspring* dan *back handspring* terlebih dahulu di validasi oleh 3 ahli, 1 ahli di bidang olahraga, 1 ahli di bidang alat/media, 1 ahli di bidang pelatih. Hasil penelitian dari keseluruhan data yang telah divalidasi didapatkan nilai rata-rata persentasinya ialah 92% dengan demikian menurut ahli mendapatkan kategori “Sangat Layak”. Hasil uji coba kelompok kecil melibatkan 8 orang atlet dari *Windy's Gymnastic Club* dengan hasil 77% - 95% dan dapat dilanjutkan dalam uji coba kelompok besar. Hasil uji coba kelompok besar melibatkan 16 orang atlet, 4 orang dari Sisiahan *Gymnastic*, 4 Orang atlet dari Sumber Juara *Gymnastic Club*, dan 8 orang atlet dari *Windy's Gymnastic* dengan hasil 74% - 97%. Dari hasil uji coba kelompok kecil dan pada uji coba kelompok besar dapat disimpulkan bahwa alat bantu latihan *front handspring* dan *back handspring* matras segi delapan dapat digunakan dalam membantu latihan *front handspring* dan *back handspring* dalam senam lantai.

**Kata Kunci :** Alat Bantu, *Front Handspring*, *Back Handspring*, Senam

