

## ABSTRACT

**Suharta “ perbedaan pengaruh latihan pliometrik squad jump dan jump to box terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan”.**

**(Pembimbing Bangun Setia Hasibuan)**

**Skripsi : Fakultas Ilmu Keolahragaan UNIMED, 2021.**

Tujuan penelitian adalah (1) Mengetahui perbedaan pengaruh hasil latihan pliometrik antara squat jump dan jump to box terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan. (2) Mengetahui latihan yang lebih baik pengaruhnya antara squat d jump dan jump to box terhadap terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan. penelitian ini menggunakan metode eksperimen (*treatment*). Populasi adalah seluruh atlet futsal club irhasindo medan yang berjumlah 14 orang yang dibagi menjadi dua kelompok yaitu kelompok 1 dan kelompok 2, dimana kelompok 1 yang berjumlah 7 orang diberi latihan squad jump dan kelompok 2 berjumlah 7 orang diberi latihan jump to box.

Terdapat perbedaan pengaruh latihan squad jump dan jump to box terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan, latihan squad jump lebih berpengaruh terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan, sebelum diberikan perlakuan diperoleh nilai  $K_1$  dan  $K_2$  sebesar 0,690 sedangkan nilai  $t_{tabel}$  sebesar 2,447 ternyata  $t_{hitung} < t_{tabel}$  yang berarti Hipotesis nol diterima. Sesudah diberi latihan hasil yang didapat dalam penelitian tersebut adalah  $k_1$  38,07 % <  $k_2$  35,43 %.

Berdasarkan hasil penelitian ini disimpulkan latihan pliometrik antara squad jump dan jump to box memberikan pengaruh signifikan terhadap peningkatan power otot tungkai pada atlet futsal club irhasindo medan, dimana kelompok 1 dan 2 melakukan treatment yang berbeda, namun dari hasil penelitian menunjukkan kedua kelompok mengalami perbedaan yang signifikan antara keadaan awal dan setelah melakukan latihan pliometrik dengan squad jump dan jump to box, dan hasil tes akhir kelompok 1 lebih signifikan dari pada kelompok 2.

**Kata Kunci** : Latihan Pliometrik, Power otot tungkai

## ABSTRACT

**Suharta "the difference in the effect of squad jump and jump to box plyometric exercises on increasing leg muscle power in futsal club Irhasindo Medan athletes".**

**(Guardian Bangun Setia Hasibuan)**

**Thesis : Faculty of Sport Science UNIMED, 2021.**

The aims of the study were (1) to determine the difference in the effect of plyometric training results between squat jumps and jump to box on increasing leg muscle power in futsal club Irhasindo Medan athletes. (2) Knowing which exercise has a better effect on the effect of squat d jump and jump to box on increasing leg muscle power in futsal club Irhasindo Medan athletes. This study uses an experimental method (treatment). The population is all futsal club Irhasindo Medan athletes, totaling 14 people who are divided into two groups, namely group 1 and group 2, where group 1, which consists of 7 people, is given squad jump training and group 2, which consists of 7 people, is given jump to box training.

There is a difference in the effect of squad jump and jump to box exercises on increasing leg muscle power in futsal club Irhasindo Medan athletes, squad jump training has more effect on increasing leg muscle power in futsal club Irhasindo Medan athletes, before being given treatment the K1 and K2 values are 0.690 while the ttable value of 2.447 turns out to be  $t_{count} < t_{table}$ , which means the null hypothesis is accepted. After being given training, the results obtained in this study were  $k_1$  38.07% <  $k_2$  35.43 %.

Based on the results of this study, it was concluded that plyometric training between squad jump and jump to box had a significant effect on increasing leg muscle power in futsal club Irhasindo Medan athletes, where groups 1 and 2 did different treatments, but the results showed that the two groups experienced significant differences. between the initial state and after doing plyometric exercises with the squad jump and jump to box, and the final test results of group 1 were more significant than group 2.

**Keywords: Plyometric Exercise, leg muscle power**