

## ABSTRAK

Muharram, (NIM. 6172121020), “Perbedaan Pengaruh Latihan *Plyometric Front Cone Hops* Dan *Depth Jump* Terhadap *Power* Otot Tungkai Atlet Putra Perguruan Pencak Silat Al Hikmah Ar Rahim Deli Serdang Tahun 2021”.

(Pembimbing : Novita)

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan Universitas Negeri Medan

Tujuan penelitian ini adalah untuk mengetahui Perbedaan Pengaruh Latihan *Plyometric Front Cone Hops* Dan *Depth Jump* Terhadap *Power* Otot Tungkai Atlet Putra Perguruan Pencak Silat Al Hikmah Ar Rahim Deli Serdang Tahun 2021.

Lokasi penelitian ini dilakukan di Dusun IV Desa Sei Rotan, Kecamatan Percut Sei Tuan, Kabupaten Deli Serdang, Sumatera Utara. Jenis penelitian ini adalah eksperimen. Populasi dalam penelitian ini adalah seluruh atlet Perguruan Pencak Silat Al Hikmah Ar Rahim Deli Serdang yang berjumlah 23 orang. Pengambilan sampel dalam penelitian ini dilakukan dengan *purposive sampling*, jumlah sampel pada penelitian ini yaitu 10 orang. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test, treatment* dan *post-test*.

Dari analisis data yang telah dilakukan diketahui bahwa nilai  $t_{hitung}$  hipotesis pertama yaitu diperoleh sebesar 10,5 dan  $t_{tabel}$  2,77 maka  $t_{hitung}$  ( $10,5 > 2,77$   $t_{tabel}$ ), sehingga terdapat pengaruh yang signifikan latihan *plyometric front cone hops* terhadap *power* otot tungkai dan latihan *depth jump* diperoleh  $t_{hitung}$  9,12 dan  $t_{tabel}$  2,77 maka nilai ( $9,12 > 2,77$   $t_{tabel}$ ) sehingga terdapat pengaruh yang signifikan latihan *depth jump* terhadap *power* otot tungkai atlet putra perguruan pencak silat Al Hikmah Ar rahim Deli Serdang Tahun 2021. Dan hipotesis ketiga menunjukkan bahwa nilai  $t_{hitung} > t_{tabel}$  yaitu dengan nilai  $1,51 > 2,77$ , sehingga tidak terdapat perbedaan pengaruh yang signifikan antara latihan *front cone hops* dan *depth jump* terhadap *power* otot tungkai atlet putra perguruan pencak silat Al Hikmah Ar rahim Deli Serdang Tahun 2021.

**Kata Kunci :** *Power, Plyometric Front Cone Hops, Depth Jump, Pencak Silat*

## **ABSTRACT**

**Muharram, NIM. 6172121020. “ Differences Of The Effect Of Plyometric Front Cone Hops Dan Depth Jump Training On Limb Muscle Power In Men Athlets At Al Hikmah Ar Rahim Deli Serdang In 2021”.**

**(Supervisor : Novita)**

**Thesis : Sport Coaching Education, Science Medan State University Faculty of Sport**

*The purpose of this study was to determine the difference in the effect of plyometric exercises front cone hops and depth jumps on the leg muscle power of male athletes at the pencak silat Al Hikmah Ar Rahim Deli Serdang in 2021.*

*The location of this research was in Dusun IV Sei Rotan Village, Percut Sei Tuan District, Deli Serdang Regency, North Sumatra. This type of research is an experiment. This study included all 23 athletes from the Pencak Silat Al Hikmah Ar Rahim Deli Serdang College. Sampling in this study was carried out by purposive sampling; the number of samples in this study was 10. Taking the pre-test, treatment, and post-test is the data collection technique used.*

*From the data analysis that has been carried out, it is known that the  $t_{count}$  of the first hypothesis is obtained by 10,5 and  $t_{table}$  2,77, then  $t_{count}$  ( $10,5 > 2,77 t_{table}$ ), so that there is a significant effect of front cone hops plyometric exercise on leg muscle power and depth jump exercises obtained  $t_{count}$  9,12 and  $t_{table}$  2,77 then the value ( $9,12 > 2,77 t_{table}$ ), so that there is a significant effect of the plyometric depth jump exercise on the leg muscle power of the male athletes of the pencak silat college of Al Hikmah Ar Rahim Deli Serdang in 2021. And the third hypothesis shows that the value of  $t_{arithmetic} > t_{table}$  is with a value of  $1,51 > 2,77$ , so there are not differences in front cone hops dan depth jump exercise on leg muscle power of the male athletes of the pencak silat college of Al Hikmah Ar Rahim Deli Serdang in 2021.*

**Keywords : Power, Plyometric Front Cone Hops, Depth Jump, Pencak Silat**