

## ABSTRAK

**Ilham Imansyah Tarigan (NIM 6181121027). Pengaruh Variasi Latihan Kelentukan Terhadap Peningkatan Kemampuan Gerakan *Front Handspring* Pada Atlet Junior Putra Persani Medan Tahun 2022.**

(Pembimbing Skripsi: Amir Supriadi)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2023

Tujuan penelitian ini adalah untuk mengetahui pengaruh variasi latihan kelentukan terhadap peningkatan kemampuan gerakan front handspring pada atlet junior putra PERSANI medan. Penelitian ini menggunakan metode eksperimen dengan desain one group pre-test and post-test. Populasi berjumlah 15 orang dan sampel pada penelitian ini berjumlah 8 orang atlet junior putra PERSANI Medan dengan pengambilan sampel menggunakan teknik purposive sampling. Teknik analisis data menggunakan perhitungan uji-t. Berdasarkan hasil uji hipotesis diperoleh nilai uji  $t = 0,000 > 0,05$ . Sehingga dapat disimpulkan bahwa terdapat pengaruh yang signifikan variasi latihan kelentukan terhadap peningkatan kemampuan gerakan front handspring pada atlet junior putra PERSANI Medan

**Kata kunci :** Variasi latihan, Kelentukan, *Front handspring*



## ABSTRACT

***Ilham Imansyah Tarigan (NIM 6181121027). The Effect of Variations of Flexibility Exercises on Increasing the Ability of Front Handspring Movement in Putra Persani Medan Junior Athletes in 2022.***

***(Supervisor: Amir Supriadi)***

***Thesis : Faculty of Sports Science 2023***

*The purpose of this study was to determine the effect of variations in flexibility exercises on increasing the ability of the front handspring movement in PERSANI Medan junior male athletes. This study used an experimental method with a one group pre-test and post-test design. The population consisted of 15 people and the sample in this study consisted of 8 junior male athletes from PERSANI Medan. The sample was taken using a purposive sampling technique. Data analysis techniques using t-test calculations. Based on the results of the hypothesis test, the value of the test is  $t = 0.000 > 0.05$ . So it can be concluded that there is a significant effect of variations in flexibility exercises on increasing the ability of the front handspring movement in PERSANI Medan male junior athletes.*

***Keywords: Variation of exercise, Flexibility, Front handspring***

