

ABSTRAK

Daniel Charles Situmorang “Pengembangan Alat Latihan Ketepatan Pukulan Jab Tinju Di Sasana PERTINA Simalungun”

(Pembimbing : Syamsul Gultom)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2022

Tujuan penelitian ini adalah untuk merancang alat yang dapat melatih keterampilan pukulan jab atlet tinju di PERTINA Simalungun dan mengembangkan alat latihan pukulan jab tinju di PERTINA Simalungun untuk menghasilkan bentuk alat yang baru, yang dapat menjadi sarana latihan pukulan jab tinju di PERTINA Simalungun. Populasi dan sampel penelitian ini berdasarkan Pada uji coba kelompok kecil pertama melibatkan obyek 8 orang atlet yang mengikuti latihan tinju di sasana tinju pertina kabupaten Simalungun. Pada uji coba kelompok kecil kedua melibatkan obyek 8 orang atlet yang mengikuti latihan tinju di Sasana Fox Medan. Pada uji kelompok besar dalam penelitian ini, peneliti melibatkan seluruh atlet yang mengikuti latihan di sasana tinju pertina kabupaten simalungun, Pertina Sumut dan Sasana Fox Medan yakni sebanyak 20 orang. Penelitian ini berlangsung selama 3 pertemuan di 3 sasana yang berbeda pada 1-15 agustus 2022. Sampel akan diintruksikan memukul samsak selama 30 detik per orang hanya menggunakan pukulan jab. Dari hasil uji coba kelompok kecil pada atlet dimana setelah melakukan latihan samsak dengan berbagai model bentuk alat para atlet diberikan angket untuk diisi sesuai pemahaman dia sendiri. Dari hasil uji coba kelompok kecil terhadap orang atlet disimpulkan bahwa alat samsak memenuhi kriteria untuk dilanjutkan dalam uji coba kelompok besar karena persentase dari setiap model alat antara 80%-100%. Dapat disimpulkan bahwa alat bantu ini bisa digunakan untuk latihan pukulan dan Latihan menghindar.

Kata Kunci: Alat Latihan, Pukulan Jab, Tinju.

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ABSTRAK

Daniel Charles Situmorang “Development of a Boxing Jab Punch Accuracy Training Tool at the PERTINA Simalungun Gym”

(Supervisor : Syamsul Gultom)

Thesis: Faculty of Sports Science UNIMED 2022

The purpose of this research is to design a tool that can train the jab skills of boxing athletes at PERTINA Simalungun and to develop a jab boxing training tool at PERTINA Simalungun to produce a new form of tool, which can be a means of jab boxing practice at PERTINA Simalungun. The population and sample of this study were based on the first small group trial involving 8 athletes participating in boxing training at the Pertina boxing gym in Simalungun district. In the second small group trial, 8 athletes took part in boxing training at the Sasana Fox Medan. In the large group test in this study, the researchers involved all athletes who took part in training at the Pertina boxing gym in Simalungun district, Pertina North Sumatra and Sasana Fox Medan, namely as many as 20 people. This research takes place over 3 meetings in 3 different gyms on August 1-15 2022. The sample will be instructed to hit the bag for 30 seconds per person using only jabs. From the results of small group trials on athletes where after carrying out bagging exercises with various models of tool shapes the athletes were given a questionnaire to fill in according to their own understanding. From the results of small group trials on athletes, it was concluded that the punching bag met the criteria to be continued in the large group trial because the percentage of each tool model was between 80% - 100%. It can be concluded that this tool can be used for hitting practice and dodge training.

Keywords: Training Tools, Jab Punch, Boxing.



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