

ABSTRACT

KRISTIAN VALENTINO TARIGAN, NIM : 6183321021. “The Effect of Side Jump Sprint and Scissor Jump Exercises on the Improvement of Breaststroke Swimming Athletes at Club PRIM Medan in 2022” (Supervisor : Dewi Endriani) Thesis : faculty of Sport Science UNIMED, Medan 2023.

This study aims to determine the effect of Side Jump Sprint and Scissor Jump Exercises on the Improvement of Breaststroke Swimming Ability in Club Prim Medan Athletes in 2022. The research method used was an experimental method. The sampling technique used was purposive sampling. The number of athlete samples used was 8 people. This research was carried out for 6 weeks with a frequency of exercise 3 (three) times a week. Statistical calculation using t-test. Hypothesis analysis using pre-test data and post-test data on the increase in breaststroke swimming, where the results obtained from the tcount analysis were 12.78 then the value was compared with the ttable value with $dk = n-1$ ($8-1 = 7$) at a significant level $\alpha = 0.05$ is 2.365, thus $tcount > ttable$ ($12.78 > 2.365$). This means that H_0 is rejected and H_a is accepted, so it can be concluded that there is a significant effect of the Side Jump Sprint and Scissor Jump Exercises on the Improvement of Breaststroke Swimming Ability in Club Prim Medan Athletes in 2022.

Keywords: Influence, Side Jump Sprint, Scissor Jump and Breaststroke Swimming

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ABSTRAK

KRISTIAN VALENTINO TARIGAN, NIM : 6183321021. “Pengaruh Latihan Side Jump Sprint Dan Scissor Jump Terhadap Peningkatan Kemampuan Renang Gaya Dada Atlet Club PRIM Medan Tahun 2022” (Pembimbing : Dewi Endriani) Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2023.

Penelitian ini bertujuan untuk mengetahui Pengaruh Latihan Side Jump Sprint Dan Scissor Jump Terhadap Peningkatan Kemampuan Renang Gaya Dada Atlet Club Prim Medan Tahun 2022. Metode penelitian yang digunakan adalah metode eksperimen. Teknik pengambilan sampel yang digunakan adalah *Purposive Sampling*. Jumlah sampel atlet yang di gunakan sebanyak 8 orang. Penelitian ini di laksanakan selama 6 minggu dengan frekuensi latihan 3 (tiga) kali dalam seminggu. Perhitungan statistik menggunakan uji-t. Analisis hipotesis dengan menggunakan data *pre-test* dan data *post-test* peningkatan renang gaya dada, dimana diperoleh hasil analisis thitung sebesar 12.78 selanjutnya nilai tersebut dibandingkan dengan nilai ttable dengan $dk = n - 1$ ($8 - 1 = 7$) pada taraf signifikan $\alpha = 0.05$ adalah 2.365 dengan demikian $thitung > ttable$ ($12.78 > 2.365$). Hal ini berarti H_0 ditolak dan H_a diterima, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari Latihan *Side Jump Sprint* Dan *Scissor Jump* Terhadap Peningkatan Kemampuan Renang Gaya Dada Atlet Club Prim Medan Tahun 2022.

Kata Kunci : Pengaruh, *Side Jump Sprint*, *Scissor Jump* dan Renang Gaya Dada

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