

ABSTRAK

SWINGLY MANIK, NIM 6212411006 (2021). Perbedaan Pengaruh Latihan Resistance Band Dan Medicine Ball Terhadap Kecepatan Pukulan Gyaku Tsuki Pada Atlet Ekstrakurikuler Karate SMA Brigjen Katamso Medan. (Pembimbing Skripsi: M. Irfan) Skripsi: Fik Unimed

Penelitian ini dilakukan untuk mengidentifikasi perbedaan pengaruh latihan resistance band dan medicine ball terhadap kecepatan pukulan gyaku tsuki atlet karate TAKO SMA Brigjen Katamso Medan 2025. Penelitian ini menggunakan metode eksperimen. Pada pelaksanaan penelitian ini akan dilakukan pre-test lalu membagikan menjadi 2 kelompok dengan teknik matching pairing. Setelah melakukan latihan resistance band dan medicine ball pada kelompok yang berbeda sehingga diakhiri melakukan post-test. Populasi adalah seluruh atlet karate TAKO SMA Brigjen Katamso Medan. Banyak sampel 16 atlet lalu dibagikan menjadi 2 kelompok. Instrumen penelitian dalam pengumpulan data melalui test pukulan gyaku tsuki selama 10 detik dengan 3 kali melakukan sehingga pukulan yang tertinggi akan di tarik menjadi data pre-test dan post-test. Penelitian ini berlangsung selama 6 minggu dengan latihan 3 (tiga) kali dalam seminggu. Supaya dapat mengetahui pengaruh setiap variabel bebas serta variabel terikat dipakai perhitungan non parametrik yaitu uji tanda (sign test). Analisis data dilakukan dengan uji t pada data pretest dan posttest yang digunakan aplikasi spss 27. Hasil penelitian menyimpulkan bahwa : terdapat pengaruh yang signifikan dari bentuk latihan resistance band terhadap kecepatan pukulan gyaku tsuki atlet ekstrakurikuler karate SMA Brigjen Katamso Medan dengan $t_{hitung} = 10,678 > t_{tabel} = 2,365$ dengan taraf signifikan $\alpha = 0,05$. Hasil penelitian menyimpulkan bahwa : terdapat pengaruh yang signifikan dari bentuk medicine ball terhadap kecepatan pukulan gyaku tsuki pada atlet ekstrakurikuler SMA Brigjen Katamso Medan dengan $t_{hitung} = 8,947 > t_{tabel} = 2,365$ dengan taraf signifikan $\alpha = 0,05$. Hasil penelitian menyimpulkan bahwa latihan medicine ball tidak lebih besar pengaruhnya dari pada latihan menggunakan resistance band terhadap peningkatan kecepatan pukulan gyaku tsuki pada atlet ekstrakurikuler SMA Brigjen Katamso Medan dengan $t_{hitung} = 2,464 > t_{tabel} = 2,365$ dengan taraf signifikan $\alpha = 0,05$.

Kata Kunci : *resistance band, medicine ball, gyaku tsuki*

ABSTRACT

SWINGLY MANIK, NIM 6212411006 (2021). The Difference in the Effect of Resistance Band and Medicine Ball Training on the Gyaku Tsuki Punch Speed of Extracurricular Karate Athletes at Brigjen Katamso High School, Medan. (THISSIS SUPERVISOR: M. IRFAN) THESIS: FIK UNIMED

This study was conducted to identify the difference in the effect of resistance band and medicine ball training on the Gyaku Tsuki punch speed of TAKO karate athletes at Brigjen Katamso High School, Medan, 2025. This study used an experimental method. In this study, a pre-test was conducted and then divided into two groups using the matching pairing technique. After conducting resistance band and medicine ball training in different groups, a post-test was conducted. The population was all TAKO karate athletes at Brigjen Katamso High School, Medan. A sample of 24 athletes was then divided into two groups. The research instrument for data collection was a 10-second Gyaku Tsuki punch test, performed three times, with the highest number of punches being used as pre-test and post-test data. This study lasted for six weeks, with training three times a week. To determine the effect of each independent and dependent variable, a non-parametric calculation was used, namely the sign test. Data analysis was carried out using the t-test on pretest and posttest data using the SPSS 27 application. The results of the study concluded that: there is a significant influence of the form of resistance band training on the speed of the gyaku tsuki punch of the Brigjen Katamso Medan High School extracurricular karate athletes with $t_{\text{count}} = 10.678 > t_{\text{table}} = 2.365$ with a significance level of $\alpha = 0.05$. The results of the study concluded that: there is a significant influence of the form of the medicine ball on the speed of the gyaku tsuki punch of the Brigjen Katamso Medan High School extracurricular athletes with $t_{\text{count}} = 8.947 > t_{\text{table}} = 2.365$ with a significance level of $\alpha = 0.05$. The results of the study concluded that medicine ball training had no greater effect than resistance band training on increasing the speed of gyaku tsuki punches in extracurricular athletes at Brigjen Katamso High School, Medan, with $t_{\text{hitung}} = 2.464 > t_{\text{tabel}} = 2.365$ with a significance level of $\alpha = 0.05$.

Keywords: *resistance band, medicine ball, Gyaku Tsuki*