

ABSTRAK

Dion Pratama Manihuruk NIM. 6213321004 ” Pengaruh Latihan Heavy Bag Thrust Dan Battle Rope Exercise Terhadap Power Otot Lengan Dan Hasil Tolak Peluru Atlet Tolak Peluru Putri Binaan Klub Dumpang Atletik Tahun 2025”

(Pembimbing : David Siahaan)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2025

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *heavy bag thrust* dan *battle rope exercise* terhadap *power* otot lengan dan hasil tolak peluru atlet tolak peluru putri binaan klub dumpang atletik tahun 2025. Dalam konteks perkembangan keilmuan dan teknologi di Indonesia, khususnya dalam bidang olahraga, penelitian ini menjadi relevan untuk mendukung kemajuan prestasi olahraga di masyarakat.

Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan desain *one group pre-test* dan *post-test*. Sebanyak 8 atlet yang berlatih di klub dumpang atletik menjadi subjek penelitian. Mereka menjalani program latihan selama 6 minggu. Pengukuran kemampuan dilakukan sebelum dan sesudah program latihan untuk menilai efektivitas intervensi.

Hasil penelitian menunjukkan bahwa terdapat peningkatan yang signifikan dalam *power* otot lengan setelah program latihan *heavy bag thrust* dan *battle rope exercise*, dengan nilai $t_{hitung} 11,729 > t_{tabel} 1.895$ pada taraf signifikansi 0,05. Hasil yang sama juga terdapat peningkatan yang signifikan dalam hasil tolak peluru setelah program latihan *heavy bag thrust* dan *battle rope exercise*, dengan nilai $t_{hitung} 11,336 > t_{tabel} 1,895$ pada taraf signifikansi 0,05.

Kesimpulan dari penelitian ini menegaskan bahwa terdapat pengaruh yang signifikan dari bentuk latihan *heavy bag thrust* dan *battle rope exercise* terhadap *power* otot lengan dan hasil tolak peluru atlet tolak peluru putri binaan klub dumpang atletik. Hasil ini diharapkan dapat memberikan wawasan bagi pelatih dan pengelola klub dalam merancang program latihan yang lebih baik untuk meningkatkan keterampilan dasar pemain muda.

Kata Kunci : Atletik, Tolak Peluru, *Power*, Otot, Latihan.

ABSTRACT

Dion Pratama Manihuruk NIM. 6213321004 ” The Effect of Heavy Bag Thrust and Battle Rope Exercises on Arm Muscle Power and Shot Put Results of Female Shot Put Athletes Trained by the Dumpang Athletics Club in 2025”

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Thesis: Faculty of Sports Science Unimed 2025.

This study aims to determine the effect of heavy bag thrust and battle rope exercises on arm muscle power and shot put results of female shot put athletes trained by the Dumpang Athletics Club in 2025. In the context of scientific and technological development in Indonesia, particularly in the field of sports, this study is relevant to supporting the advancement of sports achievements in society.

The research method used in this study was an experimental approach with a one-group pre-test and post-test design. A total of eight athletes who trained at the Dumpang Athletics Club were the subjects of the study. They underwent a training program for six weeks. Performance measurements were conducted before and after the training program to evaluate the effectiveness of the intervention.

The results showed a significant improvement in arm muscle power after the heavy bag thrust and battle rope exercise program, with a t-count value of $11.729 > t\text{-table } 1.895$ at a significance level of 0.05. Similarly, there was also a significant improvement in shot put performance after the heavy bag thrust and battle rope exercise program, with a t-count value of $11.336 > t\text{-table } 1.895$ at a significance level of 0.05.

The conclusion of this study confirms that there is a significant effect of heavy bag thrust and battle rope exercise training on arm muscle strength and shot put results of female shot put athletes trained by the Dumpang Athletics Club. These results are expected to provide insight for coaches and club managers in designing better training programs to improve the basic skills of young players..

Keywords: Athletics, Shot Put, Power, Muscles, Training.