

ABSTRAK

Jimmy Andreas Pakjasari Banurea. (NIM: 6203321047) “Pengaruh Latihan *Jump to Box* dan *Straight-Leg Bound* Terhadap Peningkatan Daya Ledak Otot Tungkai Pada Atlet Putra Bola Voli *Club BANK* Sumut Tahun 2025”

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Skripsi: Fakultas Ilmu Keolahragaan UNIMED, Medan 2026

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *jump to box* dan *straight-leg bound* terhadap peningkatan daya ledak otot tungkai pada atlet putra bola voli *club bank SUMUT* tahun 2025.

Penelitian ini merupakan penelitian eksperimen, mengacu pada dilakukannya *pre-test*, *treatment*, dan *post-test*. Populasi penelitian ini adalah atlet putra bola voli *club bank Sumut* junior yang masih aktif berlatih berjumlah 20 orang. Pengambilan sampel menggunakan teknik *purposive sampling*, sampel penelitian berjumlah 10 orang. Penelitian ini dilaksanakan selama 6 minggu, yaitu dalam 18 kali pertemuan dengan frekuensi latihan 3 kali seminggu. Instrumen tes yang digunakan tes daya ledak otot tungkai yang dinamakan tes *vertical jump*. Teknik analisis data menggunakan analisis statistika meliputi uji normalitas, uji homogenitas, dan uji hipotesis.

Hasil penelitian menunjukkan bahwa hasil perhitungan data latihan *lateral box jump* dan *straight-leg bound* diperoleh nilai $t_{hitung} = 20.70$. Dari daftar tabel distribusi t dengan taraf signifikan $\alpha = 0.05$ dengan; $dk = n - k$ (10-9), diperoleh harga $dk = 9$; $t_{tabel} = 2.13$. Maka $t_{hitung} > t_{tabel}$ ($20.70 > 1.83$) dengan demikian H_0 ditolak dan H_a diterima. Maka dapat disimpulkan bahwa terdapat pengaruh pengaruh latihan *jump to box* dan *straight-leg bound* terhadap peningkatan daya ledak otot tungkai pada atlet putra bola voli *club bank SUMUT* tahun 2025.

Kata Kunci: *Jump to Box*, *Straight-Leg Bound*, Daya Ledak, Bola Voli, *Club BANK SUMUT*.

ABSTRACT

Jimmy Andreas Pakjasari Banurea. (Student ID: 6203321047) “The Effect of Jump to Box and Straight-Leg Bound Exercises on Improving Leg Muscle Power in Male Volleyball Players of the BANK Sumut Club in 2025”.

Supervisor: Bessy Sitorus Pane

Thesis: Faculty of Sports Science, UNIMED, Medan 2026.

The purpose of this study was to determine the effect of jump to box and straight-leg bound exercises on improving leg muscle explosive power in male volleyball athletes of the Bank SUMUT club in 2025.

This study was an experimental study, referring to the implementation of pre-tests, treatments, and post-tests. The population of this study consisted of 20 active junior male volleyball athletes of the Bank Sumut club. Sampling was conducted using purposive sampling, with a sample size of 10 participants. The study was conducted over 6 weeks, consisting of 18 sessions with a training frequency of 3 times per week. The test instrument used was the vertical jump test, which measures lower limb muscle power. Data analysis techniques included statistical analysis, including normality tests, homogeneity tests, and hypothesis tests.

The results of the study showed that the calculated data for lateral box jump and straight-leg bound exercises yielded a t -value of 20.70. From the t -distribution table with a significance level of $\alpha = 0.05$ and $df = n-k$ (10-9), the value of $df = 9$ and t -table = 2.13 were obtained. Since t -calculated $>$ t -table (20.70 $>$ 1.83), the null hypothesis (H_0) was rejected, and the alternative hypothesis (H_a) was accepted. It can be concluded that there is an effect of jump to box and straight-leg bound exercises on the improvement of lower limb muscle power in male volleyball athletes of the Bank SUMUT club in 2025.

Keywords: Jump to Box, Straight-Leg Bound, Explosive Power, Volleyball, Club BANK SUMUT.