

## ABSTRAK

**Joy Josua Hutagalung. 2025. Pengaruh Latihan *Plyometric Push-up* dan *Clapping Push-up* terhadap Peningkatan Power Otot Lengan Atlet Putra Binaan Universitas Negeri Medan Hockey Club Tahun 2025. (Pembimbing:Mahmuddin)**

**Skripsi: Jurusan Pendidikan Kepelatihan Olahraga. Fakultas Ilmu Keolahragaan. Universitas Negeri Medan. 2025.**

Tujuan dari penelitian ini adalah untuk mengetahui Pengaruh latihan *Plyometric Push-up* dan *Clapping Push-up* terhadap Power otot lengan Atlet Unimed Hockey Club 2025. Sampel berjumlah 8 atlet laki-laki berusia 18–22 tahun yang dipilih dengan teknik *purposive sampling*. Instrumen penelitian menggunakan tes *Two-Hand Medicine Ball Putt* untuk mengukur power otot lengan. Instrumen penelitian yang digunakan adalah kuantitatif dengan metode eksperimen, Teknik analisis data menggunakan uji normalitas dan uji hipotesis *Paired Sample T-Test* dengan taraf signifikansi 0,05. Hasil penelitian menunjukkan adanya peningkatan signifikan pada power otot lengan setelah diberikan perlakuan latihan *Plyometric Push-up* dan *Clapping Push-up* dibandingkan sebelum latihan. Berdasarkan hasil analisis menggunakan *Paired Sample T-Test*, diperoleh nilai sig. < 0,05, Hasil uji-t diperoleh nilai t hitung = 29,50, sedangkan t tabel = 2,365 (df = 7). Karena t hitung > t tabel dan nilai signifikansi Sig. < 0,05, maka  $H_0$  ditolak dan  $H_1$  diterima. sehingga dapat disimpulkan bahwa latihan *Plyometric Push-up* dan *Clapping Push-up* berpengaruh secara signifikan terhadap peningkatan power otot lengan atlet putra binaan Universitas Negeri Medan Hockey Club Tahun 2025.

**Kata Kunci: *Plyometric Push-up*, *Clapping Push-up*, Power Otot Lengan, Hockey.**

## **ABSTRACT**

***Joy Josua Hutagalung. 2025. The Effect of Plyometric Push-Up and Clapping Push-Up Training on Increasing Arm Muscle Power in Male Athletes Under the Guidance of the Medan State University Hockey Club in 2025. (Supervisor: Mahmuddin)***

***Thesis: Department of Sports Coaching Education, Faculty of Sport Science, Medan State University. 2025.***

The purpose The purpose of this study was to determine the effect of Plyometric Push-up and Clapping Push-up exercises on the arm muscle power of Unimed Hockey Club 2025 athletes. The sample consisted of 8 male athletes aged 18–22 years who were selected using a purposive sampling technique. The research instrument used the Two-Hand Medicine Ball Putt test to measure arm muscle power. The research instrument used was quantitative with an experimental method. The data analysis technique used the normality test and the Paired Sample T-Test hypothesis test with a significance level of 0.05. The results showed a significant increase in arm muscle power after being given Plyometric Push-up and Clapping Push-up training treatment compared to before training. Based on the results of the analysis using the Paired Sample T-Test, the sig. <0.05 value was obtained. The t-test results obtained the calculated t value = 29.50, while the t table = 2.365 (df = 7). Because the calculated t value > t table and the significance value of Sig. < 0.05, then  $H_0$  is rejected and  $H_1$  is accepted. So it can be concluded that Plyometric Push-up and Clapping Push-up exercises have a significant effect on increasing the arm muscle power of male athletes trained by the Medan State University Hockey Club in 2025.

***Keywords: Plyometric Push-ups, Clapping Push-ups, Arm Muscle Power, Hockey.***