

ABSTRAK

Randi Pranata Gurusinga (Nim : 6213311034), “Perbedaan Pengaruh Latihan *Resistance band* Dan *Dumbbell* Terhadap *Power* Otot Lengan Pada Siswa Kegiatan Ekstrakurikuler Permainan Bola Voli Putera Kelas X TKR SMK Negeri 1 Percut Sei Tuan”.

(Pembimbing : Sanusi Hasibuan)

Skripsi : Pendidikan Jasmani Kesehatan Dan Rekreasi, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *Resistance band* dan *dumbbell* terhadap *power* otot lengan siswa pada kegiatan ekstrakurikuler permainan bola voli putra kelas X TKR SMK Negeri 1 Percut Sei Tuan Tahun 2025. Penelitian ini menggunakan metode eksperimen dengan desain *two group pre-test post-test design*. Populasi pada penelitian ini adalah seluruh siswa yang bergabung di ekstrakurikuler bola voli sebanyak 33 siswa. Teknik pengumpulan sampel yang digunakan dalam penelitian ini ialah *purposive sampling*. Setelah memberikan beberapa persyaratan maka dapat ditarik sampel penelitian sebanyak 22 siswa. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test* dan *post-test*. Hasil analisis menunjukkan bahwa latihan *resistance band* memberikan pengaruh signifikan terhadap peningkatan *power* otot lengan ($t_{hitung} 17,559 > t_{tabel} 1,812$). Latihan *dumbbell* juga berpengaruh signifikan terhadap *power* otot lengan ($t_{hitung} 16,858 > t_{tabel} 1,812$). Selain itu, terdapat perbedaan pengaruh antara kedua latihan, di mana latihan *resistance band* lebih besar pengaruhnya dibanding latihan *dumbbell*, ditunjukkan dengan $t_{hitung} = 4,316 > t_{tabel} = 2,085$.

Kata kunci: *Power* Otot Lengan, *Resistance band*, *Dumbbell*

ABSTRACT

Randi Pranata Gurusinga (Nim: 6213311034), " The Difference in the Effect of Resistance band and Dumbbell Training on Arm Muscle Power in Students of the Male Volleyball Extracurricular Activity, Class X TKR, SMK Negeri 1 Percut Sei Tuan".

(Supervisor : Sanusi Hasibuan)

Thesis : Department of Physical Education, Health, and Recreation, Faculty of Sports Science, Universitas Negeri Medan.

This study aims to determine the difference in the effect of Resistance band and dumbbell training on arm muscle power of students participating in the male volleyball extracurricular activity in class X TKR at SMK Negeri 1 Percut Sei Tuan in 2025. This research employed an experimental method with a two-group pre-test post-test design. The population consisted of 33 students participating in the volleyball extracurricular program. Using purposive sampling, 22 students were selected as the research sample. Data were collected through pre-test and post-test measurements of arm muscle power.

The results indicated that Resistance band training had a significant effect on increasing arm muscle power ($t_{\text{calculated}} = 17.559 > t_{\text{table}} = 1.812$). Dumbbell training also significantly improved arm muscle power ($t_{\text{calculated}} = 16.858 > t_{\text{table}} = 1.812$). Moreover, there was a difference in the effect between the two training methods, with Resistance band training showing a greater impact than dumbbell training ($t_{\text{calculated}} = 4.316 > t_{\text{table}} = 2.085$).

Keywords : Arm Muscle Power, Resistance band, Dumbbell