

ABSTRAK

Rizki Fauzi Pane (NIM:6203311021), “Pengaruh Latihan Model Huruf Terhadap Kemampuan *Passing* Bawah Bola Voli Di SMA N 1 Sipirok” (Pembimbing : Bangun Setia)

Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan model huruf terhadap kemampuan *passing* bawah bola voli di SMA N 1 Sipirok. Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen kuantitatif. Penelitian ini dilaksanakan selama 6 minggu dengan frekuensi latihan 3 (tiga) kali dalam seminggu. Populasi dalam penelitian ini berjumlah 50 orang. Teknik pengambilan sampel yang digunakan adalah *random sampling*. Dengan jumlah sampel yang digunakan sebanyak 15 orang. Desain penelitian *one grup pre-test-post-test design*. Instrumen penelitian menggunakan tes *passing* bawah kedinding. Teknik analisis data menggunakan uji normalitas, uji homogenitas dan uji hipotesis dengan bantuan SPSS versi 25. Hasil uji hipotesis diperoleh nilai $\text{sig } 0.05 > 0.001$ dengan demikian H_0 diterima dan H_a ditolak. Kesimpulan bahwa terdapat pengaruh latihan model huruf terhadap kemampuan *passing* bawah bola voli di SMA N 1 Sipirok.

Kata Kunci : Pengaruh, Model Huruf, *Passing* Bawah, Bola Voli.

ABSTRACT

Rizki Fauzi Pane (NIM: 6203311021), “The Effect of Letter Model Training on Underhand Passing Skills in Volleyball at SMA N 1 Sipirok”

(Supervisor: Bangun Setia)

Thesis: Faculty of Sports Science, UNIMED 2026.

This study aims to determine the effect of letter model training on the underhand passing ability in volleyball at SMA N 1 Sipirok. The research method used in this study was a quantitative experimental method. The study was conducted for 6 weeks with a training frequency of three times per week. The population in this study consisted of 50 students. The sampling technique used was random sampling, with a total sample of 15 students. The research design used was a one-group pre-test and post-test design. The research instrument used was a wall passing test. The data analysis technique used normality tests, homogeneity tests, and hypothesis testing with the help of SPSS version 25. The results of the hypothesis test showed that the significance value was $0.001 < 0.05$. Thus, H_0 was rejected and H_a was accepted. It can be concluded that there is a significant effect of letter model training on the underhand passing ability in volleyball at SMA N 1 Sipirok.

Keywords: Effect, Font Model, Underhand Pass, Volleyball