

ABSTRAK

Dharma Adha (Nim : 6193121051), “Pengaruh Latihan *Standing Long Jump* Dan *Hurdle Hops* Terhadap *Power* Otot Tungkai Dan Kecepatan Lari Pada Atlet Putri *Unimed Hockey Club* Tahun 2025”.

(Pembimbing : Syahputra Manik)

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *standing long jump* dan *hurdle hops* terhadap *power* otot tungkai dan kecepatan lari pada atlet putri *Unimed Hockey Club* tahun 2025.

Penelitian ini menggunakan metode eksperimen dengan desain *one group Pre-Test Post-Test design*. Populasi dalam penelitian ini adalah atlet *outdoor* putri yang berlatih di Klub *Hockey* Unimed sebanyak 18 orang. Adapun teknik pengambilan sampel dalam penelitian ini dengan *purposive sampling*. *Purposive sampling* merupakan teknik pengambilan sampel dengan beberapa pertimbangan, pertimbangan peneliti dalam mengambil sampel yakni : (1) Usia latihan atlet minimal 6 bulan (2) Aktif latihan (3) Kecuali penjaga gawang (4) bersedia menjadi sampel untuk mengikuti seluruh program latihan yang telah disusun selama 18x pertemuan. Maka dalam penelitian ini atlet yang dapat dijadikan sampel adalah sebanyak 10 atlet. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *Pre-Test* dan *Post-Test*.

Dari analisis data yang telah dilakukan diketahui bahwa nilai t_{hitung} hipotesis 1 yaitu diperoleh sebesar 3,782 dan t_{tabel} 1,833 maka (t_{hitung} 3,782 > t_{tabel} 1,833), sehingga terdapat pengaruh latihan *standing long jump* dan *hurdle hops* terhadap *power* otot tungkai pada atlet putri *Unimed Hockey Club* Tahun 2025. Dari analisis data yang telah dilakukan diketahui bahwa nilai t_{hitung} hipotesis 2 yaitu diperoleh sebesar 7,857 dan t_{tabel} 1,833 maka (t_{hitung} 7,857 > t_{tabel} 1,833), sehingga terdapat pengaruh latihan *standing long jump* dan *hurdle hops* terhadap kecepatan lari pada atlet putri *Unimed Hockey Club* Tahun 2025.

Kata kunci: *Standing Long Jump*, *Hurdle Hops*, *Power* Otot Tungkai, Kecepatan Lari

ABSTRACT

Dharma Adha (NIM: 6193121051), “The Effect of Standing Long Jump and Hurddle Hop Training on Leg Muscle Power and Running Speed in Female Athletes of the Unimed Hockey Club in 2025”.

(Supervisor : Syahputra Manik)

Thesis : Sport Coaching Education, Faculty of Sports Science, State University of Medan

This study aims to determine the effect of standing long jump and hurddle hop training on leg muscle power and running speed in female athletes of the Unimed Hockey Club in 2025.

This study used an experimental method with a one-group Pre-Test Post-Test design. The population in this study were 18 female outdoor athletes training at the Unimed Hockey Club. The sampling technique used was purposive sampling. Purposive sampling is a sampling technique with several considerations, the researcher's considerations in taking samples are: (1) The athlete's training age is at least 6 months (2) Active training (3) Except for the goalkeeper (4) willing to be a sample to follow the entire training program that has been prepared for 18 meetings. So in this study, 10 athletes can be used as samples. The data collection technique used is by taking a Pre-Test and Post-Test. From the data analysis that has been done, it is known that the t_{count} value of hypothesis 1 is obtained at 3.782 and t_{table} 1.833, so (t_{count} 3.782 > t_{table} 1.833), so there is an effect of standing long jump and hurdle hops training on leg muscle power in female athletes of the Unimed Hockey Club in 2025. From the data analysis that has been done, it is known that the t_{count} value of hypothesis 2 is obtained at 7.857 and t_{table} 1.833, so (t_{count} 7.857 > t_{table} 1.833), so there is an effect of standing long jump and hurdle hops training on running speed in female athletes of the Unimed Hockey Club in 2025.

Keywords : Standing Long Jump, Hurddle Hops, Leg Muscle Power, Running Speed.