

ABSTRAK

Ikhwan Diafari Siregar NIM. 6213321018 “Pengaruh Latihan *Dumbbell Curl* Dan *Overhead Triceps Extension* Terhadap *Power* Otot Lengan Atlet Putri Pada *Club Hoki* Yayasan Pendidikan Nur Azizi Tanjung Morawa Tahun 2025”
(Pembimbing Skripsi: Syahputra Manik)
Skripsi: Fakultas Ilmu Keolahragaan Unimed 2026.

Penelitian ini dilakukan untuk melihat pengaruh latihan *dumbbell curl* dan *overhead triceps extension* terhadap *power* otot lengan pada atlet putri *Club Hoki* Yayasan Pendidikan Nur Azizi Tanjung Morawa Tahun 2025. Latar belakang penelitian muncul dari rendahnya *power* otot lengan atlet putri, yang berdampak pada efektivitas *power*, stabilitas, daya tahan otot lengan, sehingga performa atlet dalam permainan hoki tidak optimal. Penelitian ini menggunakan pendekatan eksperimen dengan rancangan desain penelitian *one group pretest-posttest*, di mana sampel penelitian terdiri atas 10 atlet putri yang dipilih melalui teknik *purposive sampling*. Instrumen yang digunakan untuk mengukur *power* otot lengan adalah tes *Seated Medicine Ball Throw*. Perlakuan berupa latihan *dumbbell curl* dan *overhead triceps extension* dilakukan selama 6 minggu dengan frekuensi latihan tiga kali per minggu. Analisis data dilakukan melalui uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji-t. Temuan penelitian memperlihatkan adanya peningkatan yang bermakna pada *power* otot lengan pada atlet putri setelah menjalani program latihan yang diberikan. Dapat disimpulkan bahwa latihan *dumbbell curl* dan *overhead triceps extension* berpengaruh secara signifikan terhadap peningkatan *power* otot lengan atlet putri pada *Club Hoki* Yayasan Pendidikan Nur Azizi Tanjung Morawa Tahun 2025.

Kata kunci: *dumbbell curl, overhead triceps extension, power, hoki.*



ABSTRACT

Ikhwan Diafari Siregar NIM. 6213321018 *"The Effect of Dumbbell Curl and Overhead Triceps Extension Exercises on Arm Muscle Strength of Female Athletes at Nur Azizi Educational Foundation Hockey Club Tanjung Morawa in 2025"*

(Thesis supervisor: Syahputra Manik)

Thesis: Faculty of Sports Science Unimed 2026.

This study was conducted to determine the effect of dumbbell curl and overhead triceps extension exercises on the explosive power of arm muscles in female athletes of the Nur Azizi Tanjung Morawa Education Foundation Hockey Club in 2025. The background of the study arose from the low arm muscle capacity of female athletes, which impacts the effectiveness of power, stability, and arm muscle endurance, resulting in sub-optimal athlete performance in hockey games. This study used an experimental approach with a one-group pretest-posttest plan, where the research sample consisted of 10 female athletes selected through a purposive sampling technique. The instrument used to measure arm muscle power was the Seated Medicine Ball Throw test. The treatment in the form of dumbbell curl and overhead triceps extension exercises was carried out for 6 weeks with a training frequency of three times per week. Data analysis was carried out through normality tests, homogeneity tests, and hypothesis tests using t-tests. The research findings showed a significant increase in arm muscle capacity in female athletes after undergoing the given training program. It can be concluded that dumbbell curl and overhead triceps extension exercises have a significant effect on increasing the explosive power of arm muscles in female athletes at the Nur Azizi Tanjung Morawa Education Foundation Hockey Club in 2025.

Keywords: *dumbbell curl, overhead triceps extension, power, hockey.*