ASBTRAK

Raihan Rahmad Hartoyo NIM: 6203121092, "Perbedaan Pengaruh Latihan *Medicine Ball Chest Throw* Dan *Kattlebell Floor Press* Terhadap *Power* Otot Lengan Dan Kemampuan *Passing* Atlet Basket Putra Klub Man 2 Model Medan Tahun 2025". Pembimbing: Jan Bobby Nesra Barus
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Rendahnya *power* otot lengan dan kemampuan passing pada atlet basket MAN 2 Model Medan menjadi permasalahan dalam penelitian ini. Kondisi tersebut menyebabkan menurunnya efektivitas bermain dan kerja sama tim Penelitian ini bertujuan uuntuk mengetahui bagaimana pengaruh latihan *medicine ball chest throw* dan *kettlebell floor press* terhadap *power* otot lengan atlet basket putra klub MAN 2 Model Medan. Metode penelitian yang diterapkan pada penelitian ini ialah dnegan desain *pre-test* dan *post-test two group design*. Sampel penelitian berjumlah 12 orang atlet putra yang dibagi menjadi 2 perlakuan, yaitu kelompok *medicine ball chest throw* dan *kettlebell floor press*.

Uji hipotesis pertama menunjukkan t-hitung > t-tabel (8,06 > 2,571). Hal ini disimpulkan bahwa H0 ditolak dan H1 diterima yang berarti terdapat pengaruh yang signifikan dari latihan *medicine ball chest throw* terhadap *power* otot lengan. Uji hipotesis kedua menunjukkan nilai t-hitung > t-tabel (6,79 > 2,571). Hal ini dapat disimpulkan bahwa H0 ditolah dan H1 diterima yang berarti terdapat pengaruh yang signifikan dari latihan *kettlebell floor press* terhadap *power* otot lengan. Uji hipotesis ketiga menunjukkan t-hitung > t-tabel (9,13 > 2,571). Hal ini dapat disimpulkan bahwa H0 ditolak dan H1 diterima yang berarti terdapat pengaruh yang signifikan dari latihan *medicine ball chest throw* terhdap kemampuan *passing*. Uji hipotesis keempat menunjukkan t-hitung > t-tabel (5,7 > 2,571). Hal ini dapat disimpulkan bahwa H0 ditolah dan H1 diterima yang berarti terdapat pengaruh yang signifikan dari latihan *kettlebell floor press* terhadap kemampuan *passing*. Uji hipotesis kelima menunjukkan t-hitung < t-tabel (2,05 < 2,228). Hal ini dapat disimpulkan bahwa tidak terdapat perbedaan pengaruh yang signifikan antara *post-test* kelompok *medicine ball chest throw* dengan *post-test* kelompok *kettlebell floor press* terhadap *power* otot lengan. Akan tetapi, perhitungan menunjukkan latihan kelompok *medicine ball chest throw* memiliki hasil yang lebih baik daripada kelompok *kettlebell floor press* terhadap *power* otot lengan. Uji hipotesis keenam menunjukkan t-hitung < t-tabel (1,93 < 2,228). Hal ini dapat disimpulkan bahwa tidak terdapat perbedaan pengaruh yang signifikan antara *post-test* kelompok *medicine ball chest throw* dengan *post-test* kelompok *kettlebell floor press* terhadap kemampuan *passing*. Akan tetapi, perhitungan menunjukkan latihan kelompok *medicine ball chest throw* memiliki hasil yang lebih baik daripada kelompok *kettlebell pullover* terhadap kemampuan *passing.*

Kata Kunci: *Medicine Ball chest throw, Kettlebell pullover, Power* Otot Lengan, *Passing*, Bola Basket.

ABSTRACT

Raihan Rahmad Hartoyo NIM: 6203121092, "The Difference in the *Effects of Medicine Ball Chest Throw and Kettlebell Floor Press Training on Arm Muscle Power and Passing Ability of Male Basketball Athletes at the Man 2 Model Club in Medan in 2025". Advisor: Jan Bobby Nesra Barus*
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The low arm muscle power and passing ability of MAN 2 Model Medan basketball athletes is the problem addressed in this study. This condition causes a decrease in playing effectiveness and teamwork. This study aims to determine the effect of medicine ball chest throw and kettlebell floor press exercises on the arm muscle power of male basketball athletes at the MAN 2 Model Medan club. The research method applied in this study was a pre-test and post-test two-group design. The research sample consisted of 12 male athletes divided into two groups, namely the medicine ball chest throw group and the kettlebell floor press group. The research was conducted over 18 sessions.

The first hypothesis test shows that the t-count > t-table (8,06 > 2.571). It is concluded that H0 is rejected and H1 is accepted, which means that there is a significant effect of medicine ball chest throw training on arm muscle power. The second hypothesis test shows that the t-count > t-table (6,79 > 2.571). It can be concluded that H0 is rejected and H1 is accepted, which means that there is a significant effect of kettlebell floor press training on arm muscle power. The third hypothesis test shows that t-count > t-table (9.13 > 2.571). It can be concluded that H0 is rejected and H1 is accepted, meaning that there is a significant effect of medicine ball chest throw training on passing ability. The fourth hypothesis test shows that t-count > t-table (5.70 > 2.571). It can be concluded that H0 is rejected and H1 is accepted, meaning that there is a significant effect of kettlebell floor press training on passing ability. The fifth hypothesis test shows that t-count < t-table (2,06 < 2.228). This can be concluded that there is no significant difference in the effect between the post-test of the medicine ball chest throw group and the post-test of the kettlebell floor press group on arm muscle power. However, the calculations show that the medicine ball chest throw group exercise has better results than the kettlebell floor press group on arm muscle power. The sixth hypothesis test shows that the t-count is less than the t-table (1.93 < 2.228). It can be concluded that there is no significant difference in the effect between the post-test of the medicine ball chest throw group and the post-test of the kettlebell floor press group on passing ability. However, the calculations show that the medicine ball chest throw group exercise has better results than the kettlebell pullover group on passing ability.

Keywords: *Medicine Ball chest throw, Kettlebell pullover, Arm Strength, Passing, Basketball.*