

ABSTRAK

SEVEN P. SARAGIH, NIM. 6193121031. Pengaruh Latihan *Resistance Band* Dan *Battle Ropes* Terhadap *Power* Otot Lengan Atlet Putra Unimed Hockey Club Tahun 2023.

(Pembimbing Skripsi: Nurkadri)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED, Medan 2024

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *resistance band* dan *battle ropes* terhadap *power* otot lengan atlet putra Unimed Hockey Club tahun 2023.

Penelitian ini merupakan penelitian eksperimen menggunakan desain “*One-Groups Pretest-Posttest Design*”. Teknik pengambilan data menggunakan *two-hand medicine ball put test* untuk mengetahui *power* otot lengan. Populasi penelitian ini adalah seluruh atlet putra Unimed Hockey Club yang berjumlah 18 orang. Pengambilan sampel menggunakan teknik *simple random sampling*, sampel penelitian berjumlah 10 orang. Penelitian ini dilaksanakan selama 6 minggu, yaitu dalam 18 kali pertemuan dengan frekuensi latihan 3 kali dalam seminggu. Variabel penelitian meliputi Latihan *resistance band* dan Latihan *battle ropes* sebagai variabel bebas dan *Power* otot lengan sebagai variabel terikat. Teknik analisis data pada penelitian ini menggunakan uji t dengan persyaratan uji normalitas dan uji homogenitas.

Hasil analisis data dengan Uji-t, diperoleh $t_{hitung} = 27,19 > t_{tabel (0,05/9)} = 1,83$, maka disimpulkan bahwa terdapat pengaruh dari latihan *resistance band* dan *battle ropes* terhadap *power* otot lengan atlet putra Unimed Hockey Club tahun 2023 dengan hasil presentase peningkatan 0,32%.

Kata kunci: *Resistance Band, Battle Ropes, Power Otot Lengan, Hockey*



ABSTRACT

SEVEN P. SARAGIH, NIM. 6193121031. *The Effect of Resistance Band and Battle Ropes Training on Arm Muscle Power Of Male Athletes Unimed Hockey Club in 2023.*

(Thesis Supervisor: Nurkadri)

Thesis: UNIMED Faculty of Sports Sciences, Medan 2024

This study aims to determine the effect of resistance band and battle ropes training on the arm muscle power of male athletes at Unimed Hockey Club in 2023.

This research is experimental research using the "One-Groups Pretest-Posttest Design" design. The data collection technique uses a two-hand medicine ball put test to determine arm muscle power. The population of this study was all male athletes from the Unimed Hockey Club, totaling 18 people. Sampling used a simple random sampling technique, the research sample consisted of 10 people. This research was carried out for 6 weeks, namely in 18 meetings with a training frequency of 3 times a week. Research variables include resistance band training and battle ropes training as independent variables and arm muscle power as the dependent variable. The data analysis technique in this research uses the t test with the requirements for a normality test and a homogeneity test.

Results of data analysis using t-test, obtained $t_{\text{count}} = 27,18 > t_{\text{table}} (0.05/9) = 1,83$, so it was concluded that there was an influence from resistance band training and battle ropes on the arm muscle power of Unimed Hockey Club male athletes in 2023 with a percentage increase of 0,32%.

Keywords: Resistance Bands, Battle Ropes, Explosive Arm Muscle Power, Hockey

