

ABSTRAK

Arief Mulia Rachman (NIM. 6201121002) “Pengaruh Latihan *Groundstroke* Dengan Menggunakan Sasaran Terhadap Kemampuan *Forehand* Pada Atlet Putra UKM Tennis Lapangan USU Tahun 2024”

(Pembimbing : Nono Hardinoto)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2024

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *groundstroke* dengan menggunakan sasaran terhadap kemampuan *forehand* pada atlet putra ukm tenis lapangan USU tahun 2024. Penelitian ini dilakukan di ukm tenis lapangan USU yang berlokasi Jalan Jl Tri Dharma No.1 kec. Medan Baru, kota Medan. (lapangan *Tennis* pintu IV USU). Pengambilan data dimulai dari tanggal 13 Januari sampai 26 Februari 2025, jumlah sampel pada penelitian ini berjumlah 9 orang. Metode penelitian ini adalah eksperimen dengan melakukan tes awal (*pre test*) kemudian sampel diberikan perlakuan berupa latihan *Groundstroke Forehand* dengan program latihan yang telah disusun. Disini peneliti menemukan celah atau gab bahwasannya latihan kemampuan *groundstroke* menggunakan sasaran tidak hanya menggunakan bentuk latihan *fixed target*, sehingga peneliti tertarik melakukan penelitian untuk membuktikan bahwa kemampuan latihan *groundstroke* menggunakan sasaran tidak hanya menggunakan bentuk latihan *fixed target*, tetapi bisa dengan variasi yang lain seperti *moving target*, *inside – out forehand*, dan *deep cross court*. Kemudian setelah kurang lebih 5 minggu menjalani latihan terprogram, sampel melakukan tes akhir (*post test*). Analisis hipotesis yaitu, pengaruh latihan *groundstroke* terhadap kemampuan *forehand* pada atlet putra ukm tenis lapangan usu tahun 2024.

Hasil pengujian hipotesis diperoleh nilai T hitung sebesar 9,96 sedangkan nilai T tabel sebesar 1,860. Kesimpulan penelitian yaitu terdapat pengaruh signifikan dari pengaruh latihan *groundstroke* terhadap kemampuan *forehand* pada atlet putra ukm tenis lapangan usu tahun 2024.

Kata kunci: Tenis lapangan, *forehand*, *groundstroke*, sasaran

ABSTRACT

Arief Mulia Rachman, (NIM 6201121002), *The Effect of Groundstroke Training Using Targets on Forehand Ability in Male Athletes of the USU Lawn Tennis UKM in 2024. A Thesis. sports coaching education program Faculty of Sports Sciences. Universitas Negeri Medan. 2024*

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This study aims to determine the effect of groundstroke training using targets on forehand ability in male athletes of the USU Lawn Tennis UKM in 2024. The research was conducted at the USU Lawn Tennis UKM, located at Jl. Tri Dharma No.1, Medan Baru Subdistrict, Medan City (Tennis Court Gate IV USU). Data collection was conducted from January 13 to February 26, 2025, with a sample size of 9 participants. The research method used was experimental, starting with a pre-test, followed by providing the sample with groundstroke forehand training based on a pre-designed training program. Here the researcher found a gap or gap that groundstroke ability training using targets does not only use the fixed target training form, so the researcher is interested in conducting research to prove that groundstroke ability training using targets does not only use the fixed target training form, but can be with other variations such as moving targets, inside-out forehand, and deep cross court. After approximately 5 weeks of structured training, the sample performed a post-test. The hypothesis analysis examined the effect of groundstroke training on forehand ability in male athletes of the USU Lawn Tennis UKM in 2024.

The results of the hypothesis testing revealed a t-value of 9,96, while the t-table value was 1,860. The conclusion of the study indicates a significant effect of groundstroke training on forehand ability in male athletes of the USU Lawn Tennis UKM in 2024.

Keyword: Tennis Court, forehand, groundstroke, target