

ABSTRAK

David Saputra Simanjuntak. NIM 6202421008 (2020). “Pengaruh Latihan Dumbbel Terhadap Hasil Power Otot Lengan Dan Kemampuan Forehand Drive Pada Atlet Putri Spesialisasi 2022 Komunitas Tennis Lapangan Unimed Tahun 2024”.

(Pembimbing Skripsi: Ibrahim)

Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *dumbbel* terhadap hasil *power* otot lengan dan kemampuan *forehand drive* pada atlet putri spesialisasi 2022 komunitas tennis lapangan Unimed Tahun 2024. Metode penelitian yang digunakan adalah metode eksperimen. Teknik pengambilan sampel yang digunakan adalah total *sampling*. Jumlah sampel atlet yang digunakan sebanyak 7 atlet. Penelitian ini dilaksanakan selama 6 Minggu dengan frekuensi latihan 3 (tiga) kali dalam seminggu. Perhitungan statistik menggunakan uji-t. Analisis hipotesis pertama menggunakan data *pre-test* dan *post-test power* otot lengan dimana diperoleh t_{hitung} sebesar 2,61 nilai t_{tabel} dengan $dk=n-1$ ($7-1=6$) pada taraf signifikan $\alpha = 0,05$ adalah 1,943 dengan demikian $t_{hitung} > t_{tabel}$ ($2,61 > 1,943$). Dengan demikian berarti H_0 ditolak dan H_a diterima, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *dumbbel* terhadap hasil *power* otot lengan pada atlet putri spesialisasi 2022 komunitas tennis lapangan unimed tahun 2024. Analisis hipotesis kedua menggunakan data *pre-test* dan *post-test* kemampuan *forehand drive* dimana diperoleh t_{hitung} sebesar 3,25 nilai t_{tabel} dengan $dk=n-1$ ($7-1=6$) pada taraf signifikan $\alpha = 0,05$ adalah 1,943 dengan demikian $t_{hitung} > t_{tabel}$ ($3,25 > 1,943$). Dengan demikian berarti H_0 ditolak dan H_a diterima. Maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *dumbbel* terhadap kemampuan *forehand drive* pada atlet putri spesialisasi 2022 komunitas tennis lapangan unimed tahun 2024.

Kata Kunci: Pengaruh, Dumbbel, Power Otot Lengan, Forehand Drive.

ABSTRACT

David Saputra Simanjuntak. NIM 6202421008 (2020). “The Effect of Dumbbell Training on Arm Muscle Power Results and Forehand Drive Ability in Female Athletes Specializing in 2022 Unimed Tennis Community in 2024”. (Thesis Supervisor: Ibrahim)

Thesis: Faculty of Sports Sciences UNIMED 2025.

This study aims to determine the effect of dumbbell training on arm muscle power and forehand drive ability in female athletes specializing in the 2022 field tennis community at Unimed in 2024. The research method used is an experimental method. The sampling technique applied is total sampling, with a total of 7 athlete participants. The study was conducted over 6 weeks, with a training frequency of three times per week. Statistical calculations were performed using a t-test. The first hypothesis analysis was conducted using pre-test and post-test data for arm muscle power, yielding a t-value (t_{hitung}) of 2.61. The critical t-table value (t_{tabel}) at a significance level of $\alpha = 0.05$ with degrees of freedom ($df = n - 1 = 7 - 1 = 6$) was 1.943. Since $t_{hitung} > t_{tabel}$ ($2.61 > 1.943$), the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted. Therefore, it can be concluded that dumbbell training has a significant effect on arm muscle power in female athletes specializing in the 2022 field tennis community at Unimed in 2024. The second hypothesis analysis was conducted using pre-test and post-test data for forehand drive ability, yielding a t-value (t_{hitung}) of 3.25. The critical t-table value (t_{tabel}) at a significance level of $\alpha = 0.05$ with degrees of freedom ($df = n - 1 = 7 - 1 = 6$) was 1.943. Since $t_{hitung} > t_{tabel}$ ($3.25 > 1.943$), the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted. Therefore, it can be concluded that dumbbell training has a significant effect on forehand drive ability in female athletes specializing in the 2022 field tennis community at Unimed in 2024.

Keywords: Effect, Dumbbell Training, Arm Muscle Power and Forehand Drive.