

ABSTRAK

DAVINTARA J SAMOSIR. NIM. 6203121041. Pengaruh Variasi Latihan Power Terhadap Peningkatan Power Otot Tungkai Dan Hasil Smash Pada Atlet Putra Club Bola Voli Akral Deli Serdang Tahun 2024.

(Pembimbing: Novita)

Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2025

Penelitian ini dilakukan untuk mengetahui pengaruh variasi latihan *power* terhadap peningkatan *power* otot tungkai hasil *smash* pada atlet putra *club* bola voli akral deli serdang tahun 2024. Permasalahan dalam penelitian ini yaitu dari hasil observasi dan pengamatan yang telah dilakukan peneliti, adanya kekurangan *power* otot tungkai pada saat melakukan *smash* sehingga mempengaruhi hasil *smash*. Penelitian ini dilakukan di *club* bola voli Akral Deli Serdang yang berlokasi di lapangan bola voli SMP Nurul Imi, Jln Pendidikan I, Kecamatan Percut Sei Tuan, Kabupaten Deli Serdang, Sumatera Utara. Penelitian ini memakai metode eksperimen dengan desain *one group pre-test* dan *post-test*. Populasi berjumlah 20 orang dan sampel dalam penelitian ini berjumlah 10 orang pria dengan pengambilan sampel menggunakan teknik *purposive sampling*. Teknik analisis data menggunakan analisis statistika meliputi uji normalitas, uji homogenitas, dan uji hipotesis. Hasil analisis data dari pengaruh variasi latihan *power* terhadap peningkatan *power* otot tungkai dan hasil *smash* pada atlet putra *club* bola voli Akral Deli Serdang. Untuk hasil *vertical jump* diperoleh $t_{hitung} 7,524 > t_{tabel} 1,859$, pada taraf nyata $\alpha = 0,05$ dan selisih peningkatan rerata antara hasil *pre-test* 52,7 dan *post-test* 67,3. Dan untuk hasil *smash* diperoleh $t_{hitung} 4,862 > t_{tabel} 1,859$, pada taraf nyata $\alpha = 0,05$ dan selisih peningkatan rerata antara hasil *pre-test* 6,2 dan *post-test* 11,5. Merujuk pada hasil penelitian yang telah diperoleh dengan analisis dan pengujian hipotesis maka bisa diambil kesimpulan bahwa terdapat pengaruh yang signifikan dari variasi latihan *power* terhadap peningkatan *power* otot tungkai dan hasil *smash* pada atlet putra *club* bola voli Akral tahun 2024.

Kata Kunci : Variasi Latihan *power*, Power Otot Tungkai, Hasil *Smash*.

ABSTRACT

DAVINTARA J SAMOSIR. NIM. 6203121041. *The Effect of Power Training Variations on the Improvement of Leg Muscle Power and Smash Performance in Male Athletes of the Akral Volleyball Club, Deli Serdang, in 2024.*

(Thesis Supervisor: Novita)

Thesis : Faculty of Sport Science, UNIMED 2025

This study was conducted to determine the effect of power training variations on improving leg muscle power and smash performance in male athletes of the Akral volleyball club in Deli Serdang in 2024. The problem in this study is based on observations and assessments conducted by the researcher, which indicated a lack of leg muscle power during the execution of a smash, thereby affecting the smash results. This study was carried out at the Akral Volleyball Club, located at Nurul Imi Junior High School volleyball court, Jln Pendidikan I, Percut Sei Tuan District, Deli Serdang Regency, North Sumatra. The study employed an experimental method using a one-group pre-test and post-test design. The population consisted of 20 individuals, while the sample included 10 male athletes selected through a purposive sampling technique. Data analysis was conducted using statistical methods, including normality tests, homogeneity tests, and hypothesis testing. The results of the data analysis demonstrated the effect of power training variations on the improvement of leg muscle power and smash performance in the Akral Volleyball Club male athletes. For the vertical jump result, the calculated t value 7,524 > t table 1.859 at a significance level of $\alpha = 0.05$, with an average increase from a pre-test score of 52.7 to a post-test score of 67.3. Meanwhile, for the smash performance result, the calculated t value 4.862 > t table 1.859 at a significance level of $\alpha = 0.05$, with an average increase from a pre-test score of 6.2 to a post-test score of 11.5. Based on the research findings, data analysis, and hypothesis testing, it can be concluded that power training variations significantly improve leg muscle power and smash performance in male athletes of the Akral Volleyball Club in 2024.

Keywords: Power Training Variations, Leg Muscle Power, Smash Performance.