

ABSTRAK

Henok Melok Tampubolon NIM : 6203321046 “Kontribusi Latihan *Decline push-up* Dan *Crunch* Terhadap Kemampuan *Stut* Pada Atlet Junior Senam Lantai PERSANI Kota Medan Tahun 2025”

(Pembimbing : Andarias Ginting)

Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2025

Tujuan dari penelitian ini adalah untuk mengetahui; (1) kontribusi latihan *decline push-up* terhadap kemampuan *stut* pada atlet junior senam lantai PERSANI Kota Medan; (2) kontribusi latihan *crunch* terhadap kemampuan *stut* pada atlet junior senam lantai PERSANI Kota Medan; (3) kontribusi latihan *decline push-up* dan *crunch* terhadap kemampuan *stut* pada atlet junior senam lantai PERSANI Kota Medan. Penelitian ini menggunakan metode *experiment* dengan desain *one group pre-test post-test design*. Populasi berjumlah 16 orang dan sampel pada penelitian ini berjumlah 6 orang atlet junior putra PERSANI Medan dengan pengambilan sampel menggunakan teknik *purposive sampling*. Teknik analisis data menggunakan teknik analisis regresi. Berdasarkan pengolahan data *pre-test* menunjukkan bahwa; (1) Terdapat kontribusi yang signifikan latihan *decline push-up* terhadap kemampuan *stut* dengan nilai $F_{hitung}(10,80) > F_{tabel}(7,71)$ dan determinasi sebesar 72,97%. (2) Terdapat kontribusi yang tidak signifikan latihan *crunch* terhadap kemampuan *stut* dengan nilai $F_{hitung}(3,47) < F_{tabel}(7,71)$ dan determinasi sebesar 46,48%. (3) Terdapat kontribusi yang tidak signifikan latihan *decline push-up* dan *crunch* terhadap kemampuan *stut* dengan nilai $F_{hitung}(5,89) < F_{tabel}(9,55)$ dan determinasi sebesar 79,73%. Berdasarkan pengolahan data *post-test* setelah perlakuan diperoleh; (1) Terdapat kontribusi yang signifikan latihan *decline push-up* terhadap kemampuan *stut* dengan nilai $F_{hitung}(31,55) > F_{tabel}(7,71)$ dan determinasi sebesar 88,75%. (2) Terdapat kontribusi yang tidak signifikan latihan *crunch* terhadap kemampuan *stut* dengan nilai $F_{hitung}(4,71) < F_{tabel}(7,71)$ dan determinasi sebesar 54,05%. (3) Terdapat kontribusi yang signifikan latihan *decline push-up* dan *crunch* terhadap kemampuan *stut* dengan nilai $F_{hitung}(11,84) > F_{tabel}(9,55)$ dan determinasi sebesar 88,76%.

Berdasarkan hasil penelitian dengan menggunakan hasil determinasi *pre-test* dan *post-test* latihan *decline push-up* diperoleh peningkatan kontribusi sebesar 15,78%. Berdasarkan hasil penelitian dengan menggunakan hasil determinasi *pre-test* dan *post-test* latihan *crunch* diperoleh peningkatan kontribusi sebesar 7,57%. Berdasarkan hasil penelitian dengan menggunakan hasil determinasi *pre-test* dan *post-test* latihan *decline push-up* dan *crunch* diperoleh peningkatan kontribusi sebesar 9,03%.

Kata Kunci : *Back Extension, Crunch, Decline Push-Up, Latihan, Stut*

ABSTRAC

Henok Melok Tampubolon NIM : 6203321046 “Contribution of Decline push-up and Crunch Exercises to Stut Ability in Junior Athletes of Floor Gymnastics PERSANI Medan City in 2025”

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The purpose of this study was to determine; (1) the contribution of decline push-up training to stut ability in junior athletes of floor gymnastics PERSANI Medan City; (2) the contribution of crunch training to stut ability in junior athletes of floor gymnastics PERSANI Medan City; (3) the contribution of decline push-up and crunch training to stut ability in junior athletes of floor gymnastics PERSANI Medan City. This research uses experimental method with one group pre-test post-test design. The population was 16 people and the sample in this study amounted to 6 junior male athletes of PERSANI Medan with sampling using purposive sampling technique. Data analysis techniques using regression analysis techniques. Based on pre-test data processing, it shows that; (1) There is a significant contribution of decline push-up training to stut ability with a value of $F_{hitung} (10.80) > F_{tabel} (7.71)$ and a determination of 72.97%. (2) There is an insignificant contribution of crunch exercise to stut ability with a value of $F_{hitung} (3.47) < F_{tabel} (7.71)$ and a determination of 46.48%. (3) There is an insignificant contribution of decline push-up and crunch exercises to stut ability with a value of $F_{hitung} (5.89) < F_{tabel} (9.55)$ and a determination of 79.73%. Based on post-test data processing after treatment, it is obtained; (1) There is a significant contribution of decline push-up training to stut ability with a value of $F_{hitung} (31.55) > F_{tabel} (7.71)$ and a determination of 88.75%. (2) There is an insignificant contribution of crunch exercise to stut ability with a value of $F_{count} (4.71) < F_{table} (7.71)$ and a determination of 54.05%. (3) There is a significant contribution of decline push-up and crunch exercises to stut ability with a value of $F_{hitung} (11.84) > F_{tabel} (9.55)$ and a determination of 88.76%.

Based on the results of research using the results of pre-test and post-test determination of decline push-up training, an increase in contribution of 15.78% was obtained. Based on the results of research using the results of pre-test and post-test determination of crunch exercises, an increase in contribution of 7.57% was obtained. Based on the results of the study using the pre-test and post-test determination results of decline push-up and crunch exercises, an increase in contribution of 9.03% was obtained.

Keywords: Back Extension, Crunch, Decline Push-Up, Exercise, Stut