

ABSTRAK

Joy Parulian Sitanggang NIM : 6203121035 “Kontribusi Latihan *Split Squat Jump* Dan *Clap Push-up* Terhadap Peningkatan Kemampuan *Back Handspring* Pada Atlet Junior Putra PERSANI Medan Tahun 2024”

(Pembimbing : David Siahaan, S.Pd., M.Pd.)

Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2025

Tujuan dari penelitian ini adalah untuk mengetahui; (1) kontribusi latihan *split squat jump* terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI Medan; (2) kontribusi latihan *clap push-up* terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI Medan; (3) kontribusi secara bersamaan melalui latihan *split squat jump* dan *clap push-up* terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI 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 hasil penelitian menunjukkan bahwa; (1) Terdapat kontribusi latihan *split squat jump* yang signifikan terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI Medan. Dengan determinasi data *post-test* sebesar 74,12%. (2) Terdapat kontribusi latihan *clap push-up* yang tidak signifikan terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI Medan. Dengan determinasi data *post-test* sebesar 62,7%. (3) Terdapat kontribusi secara bersamaan melalui latihan *split squat jump* dan *clap push-up* yang tidak signifikan terhadap peningkatan kemampuan *back handspring* pada atlet junior putra PERSANI Medan. Dengan determinasi data *post-test* sebesar 74,12%.

Kata Kunci : Latihan, *Split Squat Jump*, *Clap Push-Up*, *Back Handspring*

ABSTRAK

Joy Parulian Sitanggang NIM : 6203121035 “Contribution of Split Squat Jump and Clap Push-up Exercises to the Improvement of Back handspring Ability in PERSANI Medan Junior Male Athletes in 2024”

(Supervisor: David Siahaan, S.Pd., M.Pd.)

Thesis: Faculty of Sports Science, UNIMED 2025

The purpose of this study was to determine; (1) the contribution of split squat jump training to the improvement of back handspring ability in PERSANI Medan junior male athletes; (2) the contribution of clap push-up training to the improvement of back handspring ability in PERSANI Medan junior male athletes; (3) the contribution simultaneously through split squat jump and clap push-up training to the improvement of back handspring ability in PERSANI Medan junior male athletes. 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 the results of the study, it shows that; (1) There is a significant contribution of split squat jump training to the improvement of back handspring ability in PERSANI Medan junior male athletes. With post-test data determination of 74.12%. (2) There is an insignificant contribution of clap push-up exercise to the improvement of back handspring ability in junior male athletes of PERSANI Medan. With post-test data determination of 62.7%. (3) There is a simultaneous contribution through split squat jump and clap push-up exercises that is not significant to the improvement of back handspring ability in junior male athletes of PERSANI Medan. With post-test data determination of 74.12%.

Keywords: Exercise, Split Squat Jump, Clap Push-Up, Back Handspring