

ABSTRAK

Juan Sebastian Veron Manik. NIM 6203121051 (2020). “Pengaruh Variasi Latihan *Dumbbell* Terhadap Peningkatan *Power* Otot Lengan Dan Kemampuan *Slap* Atlet Putra Unimed *Hockey Club* Tahun 2024”.

(Pembimbing Skripsi: David Siahaan)

Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *dumbbell* terhadap peningkatan *power* otot lengan dan kemampuan *slap* atlet putra unimed *hockey club* tahun 2024. Metode penelitian yang digunakan adalah metode eksperimen. Dengan desain penelitian menggunakan *pre-test & post-test one grup design*. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Jumlah sampel atlet yang digunakan sebanyak 10 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 5,38 nilai t_{tabel} dengan $dk=n-1$ ($10-1=9$) pada taraf signifikan $\alpha = 0,05$ adalah 1,83 dengan demikian $t_{hitung} > t_{tabel}$ ($5,38 > 1,83$). Dengan demikian berarti h_a diterima dan h_0 ditolak, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari variasi latihan *dumbbell* terhadap peningkatan *power* otot lengan atlet putra unimed *hockey club* tahun 2024. Analisis hipotesis kedua menggunakan data *pre-test* dan *post-test* kemampuan *slap* dimana diperoleh t_{hitung} sebesar 35,08 nilai t_{tabel} dengan $dk=n-1$ ($10-1=9$) pada taraf signifikan $\alpha = 0,05$ adalah 1,83 dengan demikian $t_{hitung} > t_{tabel}$ ($35,08 > 1,83$). Dengan demikian berarti h_a diterima dan h_0 ditolak. Maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari variasi latihan *dumbbell* terhadap kemampuan *slap* atlet putra Unimed *Hockey Club* Tahun 2024. Berdasarkan hasil uji N-Gain skor *pre-test* dan *post-test power* otot lengan diperoleh persentase peningkatan sebesar 37%. Dan hasil uji N-Gain peningkatan dari hasil skor *pre-test* ke *post-test* diperoleh hasil persentase peningkatan sebesar 55%.

Kata Kunci: Pengaruh, Variasi *Dumbbell*, *Power* Otot Lengan, *Slap*.

ABSTRACT

Juan Sebastian Veron Manik. NIM 6203121051 (2020). “The Effect of Dumbbell Exercise Variations on Increasing Arm Muscle Power and Slap Ability of Male Athletes of Unimed Hockey Club in 2024”.

(Thesis Supervisor: David Siahaan)

Thesis: Faculty of Sports Sciences UNIMED 2025.

This study aims to determine the effect of dumbbell training variations on the improvement of arm muscle power and slap shot ability of male athletes from the Unimed Hockey Club in 2024. The research method used is an experimental method, with the research design employing a one-group pre-test and post-test design. The sampling technique used is purposive sampling. The number of athlete samples used was 10 athletes. The study was conducted over a period of 6 weeks with a training frequency of three times per week. Statistical calculations used the t-test. The first hypothesis analysis used pre-test and post-test data on arm muscle power, where the calculated t-value (t_{count}) was 5.38. The critical t-value (t_{table}) with degrees of freedom ($df = n-1 = 10-1 = 9$) at a significance level of $\alpha = 0.05$ was 1.83. Since $t_{count} > t_{table}$ ($5.38 > 1.83$), the null hypothesis (H_0) was accepted and the alternative hypothesis (H_a) was rejected. Therefore, it can be concluded that there is a significant effect of dumbbell training variations on the improvement of arm muscle power among male athletes of the Unimed Hockey Club in 2024. The second hypothesis analysis used pre-test and post-test data on slap shot ability, where the calculated t-value (t_{count}) was 35.08. The critical t-value (t_{table}) with degrees of freedom ($df = n-1 = 10-1 = 9$) at a significance level of $\alpha = 0.05$ was 1.83. Since $t_{count} > t_{table}$ ($35.08 > 1.83$), the alternative hypothesis (H_a) was accepted and the null hypothesis (H_0) was rejected. Thus, it can be concluded that there is a significant effect of dumbbell training variations on the slap shot ability of male athletes of the Unimed Hockey Club in 2024. Based on the results of the N-Gain test of pre-test and post-test scores for arm muscle power, an improvement percentage of 37% was obtained. Additionally, the N-Gain test results for the increase from pre-test to post-test scores showed an improvement percentage of 55%.

Keywords: Effect, Variation Dumbbell, Arm Muscle Power, Slap.