

ABSTRAK

M. Wahyu Hidayah (NIM : 6192421015), “Pengaruh Variasi Latihan Core Terhadap Kemampuan *Balance* Dan *Forehand Drive* Atlet Putra Komunitas Tennis Unimed 2023”.

(Pembimbing : David Siahaan)

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *core* terhadap kemampuan *balance* dan *forehand drive* atlet putra Komunitas Tennis Unimed 2023. Permasalahan dalam penelitian ini adalah kurangnya keseimbangan atlet ketika mengejar bola yang mengakibatkan kesalahan dalam pukulan, terlihat dari saat atlet melakukan pukulan *forehand drive*, bola sering nyangkut pada net, sentuhan bola pada saat perkenaan pada raket sering tidak pas, bola yang dipukul tidak terkontrol dan sering keluar lapangan lawan. Penelitian ini dilakukan di lapangan tenis Unimed. Menggunakan metode eksperimen dengan desain *one group pre-test post-test design*. Populasi dalam penelitian ini adalah seluruh atlet komunitas lapangan tenis Unimed. Adapun pengambilan sampel dalam penelitian ini dilakukan *purposive sampling* (sampel bersyarat), yang dapat memenuhi syarat hanya 6 atlet. Teknik pengambilan data yang digunakan adalah dengan cara pengambilan *pre-test* dan *post-test*. Dari analisis data *pre-test* dan *post-test* latihan *core* terhadap kemampuan *balance* yang telah dilakukan diketahui bahwa nilai t_{hitung} hipotesis yaitu diperoleh sebesar 16,813 dan t_{tabel} 2,015 maka ($t_{hitung} 16,813 > t_{tabel} 2,015$), sehingga terdapat pengaruh variasi latihan *core* terhadap kemampuan *balance* atlet putra komunitas tenis Unimed tahun 2023. Dari analisis data *pre-test* dan *post-test* latihan *core* terhadap kemampuan *forehand drive* yang telah dilakukan diketahui bahwa nilai t_{hitung} hipotesis yaitu diperoleh sebesar 13,636 dan t_{tabel} 2,015 maka ($t_{hitung} 13,636 > t_{tabel} 2,015$), sehingga terdapat pengaruh variasi latihan *core* terhadap kemampuan *forehand drive* atlet putra komunitas tenis Unimed tahun 2023. Kesimpulan dalam penelitian ini adalah (1) Terdapat pengaruh variasi latihan *core* terhadap kemampuan *balance* atlet putra komunitas tenis Unimed 2023, (2) Terdapat pengaruh variasi latihan *core* terhadap kemampuan *forehand drive* atlet putra komunitas tenis Unimed 2023. Keterbaruan terletak pada fokus penelitian yang menggabungkan pengaruh variasi latihan *core* terhadap kemampuan *balance* dan *forehand drive* atlet tenis. Banyak penelitian sebelumnya fokus pada satu aspek saja, seperti pengaruh latihan *core* terhadap keseimbangan atau pengaruh latihan *forehand drive* terhadap teknik pukulan.

Kata kunci : Variasi Latihan Core, *balance*, *forehand drive*

ABSTRACT

M. Wahyu Hidayah (NIM: 6192421015), "The Effect of Core Training Variations on the Balance and Forehand Drive Abilities of Male Athletes of the Unimed Tennis Community 2023".

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This study aims to determine the effect of core training variations on the balance and forehand drive abilities of male athletes of the Unimed Tennis Community 2023. The problem in this study is the lack of balance of athletes when chasing the ball which results in errors in hitting, seen from when athletes hit forehand drives, the ball often gets caught on the net, the touch of the ball when it hits the racket is often not right, the ball that is hit is uncontrolled and often goes out of the opponent's court. This research was conducted at the Unimed tennis court. Using an experimental method with a one group pre-test post-test design. The population in this study were all athletes of the Unimed tennis court community. The sampling in this study was carried out by purposive sampling (conditional sample), which could meet the requirements of only 6 athletes. The data collection technique used was by taking a pre-test and post-test. From the analysis of the pre-test and post-test data of core training on the balance ability that has been carried out, it is known that the tcount value of the hypothesis is obtained at 16.813 and ttable 2.015, so (tcount 16.813 > ttable 2.015), so there is an influence of variations in core training on the balance ability of male athletes of the Unimed tennis community in 2023. From the analysis of the pre-test and post-test data of core training on the forehand drive ability that has been carried out, it is known that the tcount value of the hypothesis is obtained at 13.636 and ttable 2.015, so (tcount 13.636 > ttable 2.015), so there is an influence of variations in core training on the forehand drive ability of male athletes of the Unimed tennis community in 2023. The conclusion in this study is (1) There is an influence of variations in core training on the balance ability of male athletes from the Unimed tennis community in 2023, (2) There is an influence of variations in core training on forehand drive ability 2023 Unimed tennis community male athlete. The novelty lies in the focus of the study which combines the influence of core training variations on the balance and forehand drive abilities of tennis athletes. Many previous studies focused on only one aspect, such as the influence of core training on balance or the influence of forehand drive training on hitting techniques.

Keywords : Core Training Variations, balance, forehand drive