

ABSTRAK

**Muhammad Arfan Halomoan Siregar (NIM: 6203121047), “Pengembangan Latihan Bantingan Dalam Olahraga Pencak Silat”
(Pembimbing: Irwansyah Siregar)
Skripsi: Fakultas Ilmu Keolahragaan, UNIMED 2024**

Pencak silat merupakan seni bela diri khas Indonesia yang mencakup berbagai teknik, dan salah satu teknik dalam pencak silat adalah teknik bantingan. Teknik ini bernilai tinggi dalam pertandingan namun sering kali teknik ini dikuasai oleh atlet, terutama karena dalam proses latihannya yang monoton. Penelitian ini bertujuan untuk mengembangkan variasi latihan bantingan yang lebih efektif, menarik, dan menyenangkan guna meningkatkan keterampilan atlet. Penelitian ini menggunakan metode *Research and Development* (R&D) yang melibatkan beberapa tahap, mulai dari analisis kebutuhan, desain produk, validasi oleh ahli, hingga uji coba kelompok kecil dan revisi. Subjek penelitian terdiri dari atlet pencak silat di Kabupaten Deli Serdang. Hasil analisis menunjukkan 70% atlet merasa latihan bantingan yang ada kurang efektif, dan 100% setuju pentingnya pengembangan latihan baru. Penelitian ini menghasilkan 12 variasi latihan bantingan yang dirancang untuk mengatasi kelemahan latihan sebelumnya. Hasil validasi dan uji coba menunjukkan bahwa model latihan yang dikembangkan efektif meningkatkan keterampilan teknik bantingan atlet, sekaligus menciptakan suasana latihan yang lebih menarik dan tidak monoton. Produk akhir berupa buku panduan latihan diharapkan dapat digunakan sebagai referensi oleh pelatih dan atlet dalam meningkatkan performa teknik bantingan secara optimal di perguruan pencak silat.

Kata Kunci: Pencak Silat, teknik bantingan, pengembangan latihan, *Research and Development*.

ABSTRACT

**Muhammad Arfan Halomoan Siregar (NIM: 6203121047), “Development of Bantingan Exercise in Pencak Silat Sport”
(Supervisor: Irwansyah Siregar)
Thesis: Faculty of Sports Science, UNIMED 2024**

Pencak silat is a typical Indonesian martial art that includes various techniques, and one of the techniques in pencak silat is the slam technique. This technique is highly valued in matches but is often overpowered by athletes, mainly due to the monotonous training process. This study aims to develop a variation of slam training that is more effective, interesting, and fun to improve athletes' skills. This research uses the Research and Development (R&D) method which involves several stages, starting from needs analysis, product design, validation by experts, to small group trials and revisions. The research subjects consisted of pencak silat athletes in Deli Serdang Regency. The results of the analysis showed that 70% of athletes felt that the existing slam exercises were less effective, and 100% agreed on the importance of developing new exercises. This research produced 12 variations of slam training designed to overcome the weaknesses of previous training. The results of validation and trials showed that the training model developed was effective in improving athletes' slam technique skills, as well as creating a more interesting and less monotonous training atmosphere. The final product in the form of an exercise guidebook is expected to be used as a reference by coaches and athletes in improving the performance of slamming techniques optimally in pencak silat universities.

Keywords: Pencak Silat, slam technique, exercise development, Research and Development.