

## ABSTRAK

**Ricky Marcos Hutapea. NIM 6203121020 (2020). Perbedaan Pengaruh Latihan *Heavy Bag Thrust* Dan *Resistance Band* Terhadap Power Otot Lengan Atlet Karate Dojo Singa Tahun 2024.**

**(Pembimbing Skripsi: Syahputra Manik, S.Si., M.Pd.) Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2024.**

Penelitian ini bertujuan untuk mengetahui Perbedaan Pengaruh Latihan *Heavy Bag Thrust* Dan *Resistance Band* Terhadap Power Otot Lengan Atlet Karate Dojo Singa Tahun 2024. Metode penelitian yang digunakan adalah metode eksperimen. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Jumlah sampel atlet yang digunakan sebanyak 16 orang. Penelitian ini dilakukan di komplek Srigunting Blok P. No 50 Kecamatan Medan Sunggal Kota Medan 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* kelompok latihan *Heavy Bag Thrust* terhadap Power otot Lengan dimana diperoleh thitung sebesar 8,807 nilai  $T_{tabel}$  dengan  $dk = n - 1$  ( $8 - 1 = 7$ ) pada taraf signifikan  $\alpha = 0,05$  adalah 1,894 dengan demikian  $T_{hitung} > T_{tabel}$  ( $8,807 > 2,1318$ ). Dengan demikian berarti  $H_0$  ditolak dan  $H_a$  diterima, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *Heavy Bag Thrust* terhadap Power otot Lengan Atlet Karate Dojo Singa Tahun 2024.

Analisis hipotesis kedua menggunakan data *pre-test* dan *post-test* kelompok latihan *Resistance Band* terhadap Power otot Lengan dimana diperoleh thitung sebesar 11,16 nilai  $t_{tabel}$  dengan  $dk = n - 1$  ( $8 - 1 = 7$ ) pada taraf signifikan  $\alpha = 0,05$  adalah 1,894 dengan demikian  $11,16 > 2,1318$ . Dengan demikian berarti  $H_0$  ditolak dan  $H_a$  diterima, maka dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari latihan *Resistance Band* terhadap Power otot Lengan Atlet Karate Dojo Singa Tahun 2024.

Analisis hipotesis ketiga menggunakan data *post-test* dan *post-test* kelompok latihan *Heavy Bag Thrust* dan *Resistance Band* terhadap Power otot Lengan dimana diperoleh thitung sebesar 68,10 nilai  $t_{tabel}$  dengan  $dk = n - 1$  ( $8 - 1 = 7$ ) pada taraf signifikan  $\alpha = 0,05$  adalah 1,894 dengan demikian  $68,10 > 2,1318$ . Dengan demikian berarti  $H_0$  ditolak dan  $H_a$  diterima, maka dapat disimpulkan bahwa variasi latihan *Heavy Bag Thrust* memberikan pengaruh signifikan yang lebih besar terhadap Power otot Lengan atlet karate Dojo Singa Tahun 2024.

**Kata Kunci : Power Otot Lengan, *Heavy Bag Thrust*, *Resistance Band*.**

## **ABSTRACT**

***Ricky Marcos Hutapea. NIM 6203121020 (2020). Differences in the Effects of Heavy Bag Thrust and Resistance Band Training on Arm Muscle Power of Singa Dojo Karate Athletes in 2024.***

***(Thesis Supervisor: Syahputra Manik, S.Si., M.Pd.) Thesis: Faculty of Sports Science, UNIMED 2024.***

*This study aims to determine the Differences in the Effects of Heavy Bag Thrust and Resistance Band Training on Arm Muscle Power of Singa Dojo Karate Athletes in 2024. The research method used is the experimental method. The sampling technique used is purposive sampling. The number of athlete samples used was 16 people. This research was conducted at the Srigunting Complex, Block P. No. 50, Medan Sunggal District, Medan City, for 6 weeks with a training frequency of 3 (three) times a week. Statistical calculations using the t-test.*

*The first hypothesis analysis uses pre-test and post-test data from the Heavy Bag Thrust exercise group on Arm muscle Power, where the t count is 4.705, the t table value is obtained with  $df = n - 1$  ( $8 - 1 = 7$ ) at a significant level of  $\alpha = 0.05$  is 1.894, thus  $t \text{ count} > t \text{ table}$  ( $4.705 > 2.1318$ ). Thus, it means that  $h_0$  is rejected and  $h_a$  is accepted, so it can be concluded that there is a significant effect of Heavy Bag Thrust exercise on the Arm muscle Power of the 2024 Singa Dojo Karate Athletes. The second hypothesis analysis uses pre-test and post-test data from the Resistance Band exercise group on Arm muscle Power, where the t count is 6.263, the t table value is obtained with  $df = n - 1$  ( $8 - 1 = 7$ ) at a significant level of  $\alpha = 0.05$  is 1.894, thus  $t \text{ count} > t \text{ table}$  ( $6.263 > 2.1318$ ). Thus it means that  $h_0$  is rejected and  $h_a$  is accepted, so it can be concluded that there is a significant effect of Resistance Band training on the arm muscle Power of Dojo Singa Karate Athletes in 2024.*

*The third hypothesis analysis uses post-test and post-test data from the Heavy Bag Thrust and Resistance Band training group on Arm muscle Power, where the tcount is 68.10, the ttable value with  $dk = n - 1$  ( $8 - 1 = 7$ ) at the significant level  $\alpha = 0.05$  is 1.894, thus  $t \text{ count} > t \text{ table}$  ( $68.10 > 2.1318$ ). This means that  $h_0$  is rejected and  $h_a$  is accepted, so it can be concluded that the Heavy Bag Thrust training variation has a significantly greater influence on the arm muscle power of the 2024 Singa Dojo karate athletes.*

***Keywords: Arm Muscle Power, Heavy Bag Thrust, Resistance Band.***