

ABSTRAK

Sudirman Halomoan Siboro (Nim : 6193121025), "Kontribusi Latihan *Battle Rope* Dan *Box Jump* Terhadap Kecepatan Gaya Dada 50 Meter Pada Atlet Putra Kategori Umur Ii *Sailfish Swimming Club* Medan Tahun 2024".

(Pembimbing: Drs. Zulfan Heri, M.Pd)

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

Penelitian ini bertujuan untuk mengetahui (1) Kontribusi latihan *battle rope* terhadap kecepatan renang 50 meter gaya dada pada atlet putra kelompok umur II *Sailfish Swimming* Medan Tahun 2024; (2) Kontribusi latihan *box Jump* terhadap kecepatan renang 50 meter gaya dada pada atlet putra kelompok umur II *Sailfish Swimming* Medan Tahun 2024; (3) Kontribusi latihan *battle rope* dan *box jump* terhadap kecepatan renang 50 meter gaya dada pada atlet putra kelompok umur II *Sailfish Swimming* Medan Tahun 2024. Penelitian ini menggunakan metode eksperimen dan desain pre- eksperimental tipe *one group pretest- posttest*. Populasi berjumlah 10 orang dan sampel pada penelitian ini berjumlah 10 orang atlet putra kelompok umur II *Sailfish Swimming Club* Medan dengan teknik pengambilan sampel pada penelitian ini, peneliti menggunakan desain pre-eksperimental tipe *one group pretest- posttest*. Teknik analisis data menggunakan analisis statistik regresi. Berdasarkan hasil penelitian menunjukkan bahwa; (1) Tidak terdapat kontribusi signifikan latihan *battle rope* terhadap kecepatan gaya dada 50 meter pada atlet putra kategori umur II *Sailfish Swimming Club* Medan Tahun 2024 sebesar 1,44% dengan memperoleh nilai $F_{hitung} = 0,123 < F_{tabel} = 5,32$; (2) Tidak terdapat kontribusi yang signifikan dari latihan *Box Jump* terhadap kecepatan gaya dada 50 meter pada atlet putra kategori umur II *Sailfish Swimming Club* Medan Tahun 2024 sebesar 1,69% dengan memperoleh nilai $F_{hitung} = 0,0010 < F_{tabel} = 5,32$; (3) Tidak terdapat kontribusi yang signifikan *power* otot lengan dan *power* otot tungkai sesudah Latihan *Battle Rope* dan *Box Jump* terhadap kecepatan renang 50 meter gaya dada pada atlet K.U 13-14 tahun *Sailfish Swimming Club* Medan 2024 sebesar 29,66% dan memperoleh nilai $F_{hitung} = 0,340 < F_{tabel} = 4,74$.

Kata kunci : Kecepatan renang gaya dada, *battle rope*, *box jump*

ABSTRACT

Sudirman Halomoan Siboro (Nim : 6193121025), "Contribution Of Battle Rope And Box Jump Training Towards 50-Meter Breast Stroke Speed In Male Athletes Of Age Category Ii Sailfish Swimming Club Medan In 2024".

(Supervisor : Drs. Zulfan Heri, M.Pd)

Thesis : Sport Coaching Education, Faculty of Sports Science, State University of Medan

This study aims to determine (1) The contribution of battle rope training to the speed of 50-meter breaststroke swimming in male athletes of age group II Sailfish Swimming Medan in 2024; (2) The contribution of box jump training to the speed of 50-meter breaststroke swimming in male athletes of age group II Sailfish Swimming Medan in 2024; (3) The contribution of battle rope and box jump training to the speed of 50-meter breaststroke swimming in male athletes in age group II of Sailfish Swimming Medan in 2024. This study uses an experimental method with a one group pre-test post-test design. The population is 10 people and the sample in this study is 10 male athletes of age group II Sailfish Swimming Medan with the one group pretest- posttest in this study, the researcher used one group pretest- posttest. The data analysis technique uses statistical regression analysis. Based on the results of the study, it shows that; (1) There is no contribution of battle rope training to the speed of 50-meter breaststroke in male athletes in age category II of Sailfish Swimming Club Medan in 2024 by 1.44% by obtaining a value of $F_{count} = 0.123 < F_{table} = 5.32$; (2) there is no significant contribution from Box Jump training to the 50-meter breaststroke speed in male athletes in the age category II of the Sailfish Swimming Club Medan in 2024 by 1.69% with an F_{count} value of $0.0010 < F_{table} = 5.32$; (3) there is no significant contribution from arm muscle power and leg muscle power after Battle Rope and Box Jump training to the 50-meter breaststroke swimming speed in athletes in the 13-14 year old class of the Sailfish Swimming Club Medan in 2024 by 29.66% and obtaining an F_{count} value of $0.340 < F_{table} = 4.74$.

Keywords : Breaststroke swimming speed, battle rope, box jump