

ABSTRAK

ABDUL LATIF RUSDI, Perbedaan Pengaruh Latihan Imajiner, Latihan Nyata, serta Kombinasi Latihan Imajiner dan Latihan Nyata Terhadap Peningkatan Hasil *Free Throw* Bola Basket di SMA Negeri-1 Medan. Program Pascasarjana Universitas Negeri Medan 2019.

Penelitian ini bertujuan untuk mengetahui Perbedaan Pengaruh Latihan Imajiner, Latihan Nyata, serta Kombinasi Latihan Imajiner dan Latihan Nyata Terhadap Peningkatan Hasil *Free Throw* Bola Basket di SMA Negeri-1 Medan. Metode penelitian ini adalah metode eksperimen. Penelitian ini dilaksanakan di SMA Negeri 1 Medan dengan mengambil sampel peserta latih yang mengikuti ekstrakurikuler bola basket, sebanyak 30 orang. Sampel dibagi menjadi 3 kelompok, masing-masing kelompok terdiri dari 10 orang. Pembagian kelompok menggunakan teknik *matching by pairing*. Kelompok ke-1 diberikan perlakuan latihan imajiner, kelompok ke-2 diberikan perlakuan latihan nyata dan kelompok ketiga diberikan latihan kombinasi imajiner dan nyata. Ketiga kelompok ini diberikan perlakuan latihan selama 6 minggu (18x pertemuan). Desain penelitiannya adalah *Posttest-Only Control Design*. Dalam desain ini terdapat 3 kelompok yang dipilih secara proporsional. Pengaruh adanya perlakuan (*treatment*) adalah (X1 : X2), (X1 : X3), (X2 : X3), dan (X1 : X2 : X3). Pengaruh *treatment* dianalisis dengan Pengujian Hipotesis Komparatif Dua Sampel dengan Rumus *Polled Varian*, dan Pengujian Hipotesis Komparatif Tiga Sampel Secara Bersama-sama dengan Analisis Varian Satu Jalan (*One Way Anova*). Hasil penelitian menunjukkan bahwa (1) Tidak terdapat perbedaan pengaruh latihan imajiner dengan latihan nyata, dimana $t\text{-hitung} (-0,52) < t\text{-tabel} (2,10)$ maka H_0 diterima dan H_a ditolak. (2) Tidak terdapat perbedaan pengaruh latihan imajiner dengan latihan kombinasi imajiner dan nyata, dimana $t\text{-hitung} (-1,94) < t\text{-tabel} (2,10)$ maka H_0 diterima dan H_a ditolak. (3) Tidak terdapat perbedaan pengaruh latihan nyata dengan kombinasi latihan imajiner dan nyata, dimana $t\text{-hitung} (-1,49) < t\text{-tabel} (2,10)$ maka H_0 diterima dan H_a ditolak. (4) Tidak terdapat pengaruh latihan imajiner, latihan nyata, dan kombinasi latihan imajiner dan nyata terhadap peningkatan hasil *free throw* bola basket, dimana $F\text{-hitung} 0,094 < F\text{-tabel} 3,35$, maka H_0 diterima dan H_a ditolak.

ABSTRAK

ABDUL LATIF RUSDI, The Difference Between the Effects of Imaginary Training, Real Exercise, and the Combination of Imaginary Exercise and Real Exercise Against Increasing Basketball Free Throw Results in Medan Public High School-1. Postgraduate Program Universitas Negeri Medan, 2019.

This study aims to determine the Differences in the Effects of Imaginary Exercise, Real Exercise, and the Combination of Imaginary Exercise and Real Exercise Against Increased Basketball Free Throw Results in Medan State High School-1. This research method is an experimental method. This research was conducted in SMA Negeri 1 Medan by taking a sample of trainees who took extracurricular basketball, as many as 30 people. The sample was divided into 3 groups, each group consisting of 10 people. The division of groups using matching by pairing techniques. The first group was given treatment of imaginary exercises, the second group was given treatment of real exercises and the third group was given a combination of imaginary and real exercises. All three groups were given training treatment for 6 weeks (18x meetings). The research design is Posttest-Only Control Design. In this design there are 3 groups selected proportionally. The effect of the treatment is (X1: X2), (X1: X3), (X2: X3), and (X1: X2: X3). The effect of treatment was analyzed by Comparative Hypothesis Testing of Two Samples with Polled Variant Formula, and Testing of Comparative Hypothesis of Three Samples Together with One Way Anova Analysis. The results showed that (1) There was no difference in the effect of imaginary exercises with real exercises, where $t\text{-count} (-0.52) < t\text{-table} (2.10)$ then H_0 was accepted and H_a was rejected. (2) There is no difference between the effects of imaginary exercises with imaginary and real combination exercises, where $t\text{-count} (-1.94) < t\text{-table} (2.10)$ then H_0 is accepted and H_a is rejected. (3) There is no difference in the effect of real training with a combination of imaginary and real practice, where $t\text{-count} (-1.49) < t\text{-table} (2.10)$ then H_0 is accepted and H_a is rejected. (4) There is no effect of imaginary training, real training, and the combination of imaginary and real training on improving basketball free throw results, where $F\text{-count} 0.094 < F\text{-table} 3.35$, then H_0 is accepted and H_a is rejected.