

ABSTRACT

HENDRO SEPTIADI SIHOMBING, NIM : 6171121018. Contribution of Training Flexibility and Strength Training to Mawashi Geri Kick Results in Male Athletes of Dojo Kodim 0212 TS Padangsidempuan City in 2021.

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This study aims to determine the contribution of flexibility and strenght training to the results of the Mawashi Geri kick in the male athlete of Dojo Kodim 0212 TS, Padangsidempuan City in 2021.

The research method used is the experimental method. The population in this study amounted to 40 people. The sampling technique used is purposive sampling. The number of samples of athletes used were 20 people. This research was conducted for 8 weeks with a frequency of exercise 5 times per week.

The analysis of the first hypothesis, namely the contribution of exercise from Flexibility to the results of Mawashi Geri kicks in male athletes at the Dojo Kodim 0212 TS, Padangsidempuan City in 2021, was obtained $F_{hitung} = 109,95$ and $F_{tabel} = 4.41$ then $F_o > F_t$ based on the criteria for testing the hypothesis in this study concluded that, there is a significant contribution from Flexibility training to Mawashi Geri kick results on the male athlete of the Dojo Kodim 0212 TS Padangsidempuan City in 2021.

The analysis of the second hypothesis, namely the contribution of training from Strength to the results of Mawashi Geri's kick in the male athlete of Dojo Kodim 0212 TS Padangsidempuan City in 2021, was obtained $F_{hitung} = 61,05$ and $F_{tabel} = 4.41$ then $F_o > F_t$ based on the hypothesis testing criteria in this study concluded that, there is a significant contribution from Back Leg training The dynamometer of the results of Mawashi Geri kick on the male athlete of Dojo Kodim 0212 TS Padangsidempuan City in 2021.

Analysis of the third hypothesis, namely the contribution of Felkxibiliti and Strength training to the results of Mawashi Geri kicks in male athletes at Dojo Kodim 0212 TS Padangsidempuan City in 2021. It was obtained $F_{hitung} = 53,19$ and $F_{tabel} = 18.15$ then $F_o > F_t$ based on the criteria for testing the hypothesis in this study concluded that, there was a jointly significant contribution the same between Flexibility and Strength training on the results of the Mawashi Geri Kick of 53.19% in the male athletes of Dojo Kodim 0212 TS Padangsidempuan City in 2021.

Keywords: *Contribution, Flexibility Exercise, Strenght, Mawashi Geri.*

ABSTRAK

HENDRO SEPTIADI SIHOMBING, NIM : 6171121018. Kontribusi Latihan *Flexibility* Dan *Strenght* Terhadap Hasil Tendangan *Mawashi Geri* Pada Atlet Putra Dojo Kodim 0212 Ts Kota Padangsidimpuan Tahun 2021.

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Penelitian ini bertujuan untuk mengetahui Kontribusi Latihan *Fleksibility* dan *Strenght* Terhadap Hasil Tendangan *Mawashi Geri* Pada Atlet Putra Dojo KODim 0212 TS Kota Padangsidimpuan Tahun 2021.

Metode penelitian yang digunakan adalah metode eksperimen. Populasi dalam penelitian ini berjumlah 40 orang. Teknik pengambilan sample yang digunakan adalah *Purposive Sampling*. Jumlah sampel atlet yang di gunakan sebanyak 20 orang. Penelitian ini di laksanakan selama 8 minggu dengan frekuensi latihan 5 kali setiap minggu.

Analisis hipotesis pertama yaitu kontribusi latihan dari *Fleksibility* terhadap hasil tendangan *Mawashi Geri* pada atlet putra dojo kodim 0212 TS Kota Padangsidimpuan Tahun 2021, diperoleh $F_{hitung} = 109,95$ dan $F_{tabel} = 4,41$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan dari latihan *Flexibility* terhadap hasil Tendangan *Mawashi Geri* pada atlet putra Dojo Kodim 0212 TS Kota Padangsidimpuan Tahun 2021.

Analisis hipotesis kedua yaitu kontribusi latihan dari *Strenght* terhadap hasil tendangan *Mawashi Geri* pada atlet putra Dojo Kodim 0212 TS Kota Padangsidimpuan Tahun 2021, diperoleh $F_{hitung} = 61,05$ dan $F_{tabel} = 4,41$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan dari latihan *Strenght* terhadap hasil tendangan *Mawashi Geri* pada atlet putra Dojo Kodim 0212 TS Kota Padangsidimpuan Tahun 2021.

Analisis hipotesis ketiga yaitu kontribusi latihan *Felkxibiliti* dan *Strenght* terhadap hasil tendangan *Mawashi Geri* pada atlet putra Dojo Kodim 0212 TS Kota Padangsidimpuan Tahun 2021. diperoleh $F_{hitung} = 53,19$ dan $F_{tabel} = 18,15$ maka $F_o > F_t$ berdasarkan kriteria pengujian hipotesis dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan secara bersama-sama antara latihan *Fleksibiliti* dan *Strenght* terhadap hasil Tendangan *Mawashi Geri* sebesar 53,19 % pada atlet putra Dojo Kodim 0212 TS Kota Padangsidimpuan Tahun 2021.

Kata Kunci : Kontribusi, Latihan *Fleksibility*, *Strenght*, Tendangan *Mawashi Geri*