

ABSTRACT

Ega Ardiani (6172121015) "The Contribution of Medicine Ball Throw, Bar Twist and Lateral Bound Exercises to Improving O'Brien Style Bullet Rejection Results in Male Athletes of SMA Negeri 2 Kisaran in 2022".

(Supervisor : Nono Hardinoto)

Thesis Medan : Faculty of Sports Science UNIMED 2022

The purpose of this study was to determine the jointly significant contribution of medicine ball throw, bar twist and lateral bound exercises to the improvement of O'Brien style shot put results for male athletes at SMA Negeri 2 Kisaran in 2022. The research method used is an experimental method with a research design of one group pre-test and post-test design. The number of samples in this study amounted to 8 people. The research was conducted in the Field of SMA Negeri 2 Kisaran Nusantara VIII Kisaran, Asahan Regency. Statistical calculations used in this study are requirements analysis test, normality test, Bartlet test/homogeneity and regression significance test. The results of the analysis of the first hypothesis, namely the medicine ball throw exercise gave a significant contribution to the improvement of the O'Brien style shot put for male athletes at SMA Negeri 2 Kisaran in 2022, based on the calculation results $F_{count} = 17,31$ and $F_{table} (0.05;1/14) = 4,60$, so $F_{count} > F_{table}$ with a contribution of 55,27%. The analysis of the second hypothesis, namely, bar twist exercise gave a significant contribution to the increase in O'Brien style shot put results for male athletes at SMA Negeri 2 Kisaran in 2022, based on the calculation results $F_{count} = 8,67$ dan and $F_{table} (0.05;1/14) = 4,60$, so $F_{count} > F_{table}$ with a contribution of 38,26%. Analysis of the third hypothesis, namely, lateral bound training gave a significant contribution to the improvement of the O'Brien style shot put for male athletes at SMA Negeri 2 Kisaran in 2022, based on the calculation results $F_{count} = 10,43$ and $F_{table} (0.05;1/14) = 4,60$ so $F_{count} > F_{table}$ with a contribution of 42,50%. Analysis of the fourth hypothesis, namely medicine ball throw, bar twist and lateral bound exercises jointly contributed significantly to the improvement of the O'Brien style shot put results for male athletes at SMA Negeri 2 Kisaran in 2022. Based on the calculation $F_{count} = 5,14$ and $F_{table} 0,95 (3,12) = 3.49$ so $F_{count} > F_{table} = H_0$ rejected with contribution 83,76 %. From hypothesis testing, it can be concluded that there is a jointly significant contribution of medicine ball throw, bar twist and lateral bound exercises to the improvement of the O'Brien style shot put for male athletes at SMA Negeri 2 Kisaran in 2022.

Keywords: Medicine ball throw, bar twist, lateral bound and shot put

ABSTRAK

Ega Ardiani (6172121015) “Kontribusi Latihan *Medicine Ball Throw*, *Bar Twist* dan *Lateral Bound* Terhadap Peningkatan Hasil Tolak Peluru Gaya *O’Brien* Pada Atlet Putra SMA Negeri 2 Kisaran Tahun 2022”.

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Skripsi Medan : Fakultas Ilmu Keolahragaan UNIMED 2022

Tujuan penelitian ini adalah untuk mengetahui kontribusi yang signifikan secara bersama-sama dari latihan *medicine ball throw*, *bar twist* dan *lateral bound* terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet putra SMA Negeri 2 Kisaran tahun 2022. Metode penelitian yang digunakan adalah metode eksperimen dengan desain penelitian *one group pre-test and post-test design*. Jumlah sampel pada penelitian ini berjumlah 8 orang. Penelitian dilaksanakan di Lapangan SMA Negeri 2 Kisaran Nusantera VIII Kisaran, Kabupaten Asahan. Perhitungan statistik yang digunakan dalam penelitian ini adalah uji persyaratan Analisis, uji *Normalitas*, uji *Bartlett/Homogenitas* dan uji Keberartian *Regresi*. Hasil analisis hipotesis pertama yaitu latihan *medicine ball throw* memberikan kontribusi yang signifikan terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet putra SMA Negeri 2 Kisaran tahun 2022, berdasarkan hasil perhitungan $F_{hitung} = 17,31$ dan $F_{tabel} (0,05;1/14) = 4,60$, sehingga $F_{hitung} > F_{tabel}$ dengan kontribusi sebesar 55,27%. Analisis hipotesis kedua yaitu, latihan *bar twist* memberikan kontribusi yang signifikan terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet putra SMA Negeri 2 Kisaran tahun 2022, berdasarkan hasil perhitungan $F_{hitung} = 8,67$ dan $F_{tabel} (0,05;1/14) = 4,60$, sehingga $F_{hitung} > F_{tabel}$ dengan kontribusi sebesar 38,26%. Analisis hipotesis ketiga yaitu, latihan *lateral bound* memberikan kontribusi yang signifikan terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet putra SMA Negeri 2 Kisaran tahun 2022, berdasarkan hasil perhitungan $F_{hitung} = 10,43$ dan $F_{tabel} (0,05;1/14) = 4,60$, sehingga $F_{hitung} > F_{tabel}$ dengan kontribusi sebesar 42,50%. Analisis hipotesis keempat yaitu, latihan *medicine ball throw*, *bar twist* dan *lateral bound* memberikan kontribusi yang signifikan secara bersama-sama terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet putra SMA Negeri 2 Kisaran tahun 2022. Berdasarkan hasil perhitungan $F_{hitung} = 5,14$ dan $F_{tabel} (0,05;3/12) = 3,49$ yang berarti $F_{hitung} > F_{tabel}$ sehingga H_0 ditolak dan memberikan kontribusi sebesar 83,76 %. Dari pengujian hipotesis dapat disimpulkan bahwa terdapat kontribusi yang signifikan secara bersama-sama dari latihan *medicine ball throw*, *bar twist* dan *lateral bound* terhadap peningkatan hasil tolak peluru gaya *O’Brien* atlet tolak peluru putra SMA Negeri 2 Kisaran tahun 2022.

Kata Kunci: *Medicine ball throw*, *bar twist*, *lateral bound* dan tolak peluru