

ABSTRAK

**Sherly Audray Dorotea Br Surbakti. (NIM. 6162121008). “KONTRIBUSI LATIHAN *PULL DOWN RESISTANCE BAND* DAN *SQUAT JUMP* TERHADAP HASIL RENANG GAYA DADA 50 METER PADA ATLET PUTRA KELOMPOK UMUR II DI *SWIMMING COURSES* MEDAN 2021” (Pembimbing : Zulfan Heri)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021)**

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *pull down resistance band* terhadap hasil renang gaya dada 50 meter atlet putra usia 13-14 tahun pada *club* medan *swimming courses* 2021, untuk mengetahui kontribusi latihan *squat jump* terhadap hasil renang gaya dada 50 meter atlet putra usia 13-14 tahun pada *club* medan *swimming courses* 2021, untuk mengetahui kontribusi yang signifikan secara bersama-sama antar latihan *pull down resistance band* dan *squat jump* terhadap hasil renang gaya dada 50 meter atlet putra usia 13-14 tahun pada *club* medan *swimming courses* 2021. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan teknik pengambilan data yang melibatkan dua variabel bebas yaitu *pull down resistance band* dan *squat jump* terhadap variabel terikat hasil renang gaya dada 50 meter. Waktu penelitian selama 9 minggu dengan latihan selama 2 kali seminggu, jumlah sampel yaitu dengan total sampling sebanyak 8 atlet, semua sampel melakukan bentuk latihan yang telah disusun dalam program latihan dan melakukan *pre test* sebelum latihan diminggu awal dan *post test* setelah akhir latihan di minggu terakhir. Hasil yang diperoleh dari uji hipotesis menunjukkan bahwa: (1). Latihan *pull down resistance band* memberikan kontribusi sebesar 80,1% terhadap hasil renang gaya dada 50 meter. (2). Latihan *squat jump* memberikan kontribusi sebesar 66,7% terhadap hasil renang gaya dada 50 meter. (3). Terdapat kontribusi yang signifikan secara bersama-sama antara latihan *pull down resistance band* dan latihan *squat jump* terhadap hasil renang gaya dada 50 meter sebesar 88%.

Kata Kunci : *Pull Down Resistance Band, Squat Jump, Hasil renang, Gaya dada*

ABSTRACT

Sherly Audray Dorotea Br Surbakti. (NIM. 6162121008). "THE CONTRIBUTION OF THE PULL DOWN RESISTANCE BAND AND SQUAT JUMP EXERCISES TO THE RESULTS OF THE 50-METER BREASTSTROKE FOR MALE ATHLETES IN AGE GROUP II AT SWIMMING COURSES MEDAN 2021"

(Supervisor : Zulfan Heri)

Thesis : Faculty of Sport Sciences UNIMED 2021)

This study aims to determine the contribution of the pull down resistance band exercise to result of the 50-meter breaststroke for male athletes aged 13-14 years at the club Medan swimming courses 2021, to determine the contribution of squat jump exercise to the result of the 50-meter breaststroke for male athletes aged 13-14 years. 14 years in the Medan club swimming courses 2021, to find out the jointly significant contribution between the pull down resistance band and squat jump exercises to the results of the 50-meter breaststroke for male athletes aged 13-14 years in the Medan club swimming courses 2021. The method used in this study is an experiment with data collection techniques involving two independent variables, namely pull down resistance band and squat jump on the dependent variable of 50 meter breaststroke swimming speed. The research time was 9 weeks with 2 training sessions a week, the number of samples was with a total sampling of 8 athletes, all samples did the form of exercise that had been arranged in the exercise program and did a pre test before training in the first week and post test after the end of the exercise in the last week. The results obtained from hypothesis testing indicate that: (1). The pull down resistance band exercise contributes 80.1% to the 50 meter breaststroke swimming results. (2). The squat jump exercise contributed 66.7% to the 50 meter breaststroke swimming results. (3). There is a jointly significant contribution between the pull down resistance band exercise and the squat jump exercise on the results of the 50 meter breaststroke swimming by 88%.

Keywords: Pull down resistance band, squat jump, result of the swimming, breaststroke