

## ABSTRAK

FAHMI ANDIKA DHANA, NIM : 6153321012. “PERBEDAAN PENGARUH *KNEE TUCK JUMP* DAN *BOX JUMP* TERHADAP PENINGKATAN *POWER* OTOT TUNGKAI DAN HASIL *SHOOTING* ATLET SSB GUMARANG TAHUN 2021”(PEMBIMBING : H. IBRAHIM WIYAKA.M.KES,AIFO)SKRIPSI:FAKULTAS ILMU KEOLAHRAGAAN UNIMED, MEDAN 2022.

Latar belakang Penelitian ini adalah untuk untuk mengetahui seberapa besar pengaruh latihan *Knee Tuck Jump* Dan *Box Jump* Terhadap Peningkatan *Power* Otot Tungkai Dan Hasil *Shooting*. Disain dalam Penelitian ini *Randomized Pre-Test* Dan *Post-Test Two Graup Design*. Data yang akan dianalisis diperoleh melalui tes dan pengukuran 16 orang sampel penelitian yakni kelompok eksperimen latihan *Knee Tuck Jump* 8 orang dan kelompok eksperimen latihan *Box Jump* 8 orang. Dari kedua kelompok sampel tersebut dilihat pengaruh masing-masing kelompok latihan *Knee Tuck Jump* dan kelompok latihan *Box Jump* terhadap Peningkatan *Power* Otot Tungkai Dan Hasil *Shooting*.

Bedasarkan tabel daftar distribusi t dengan  $dk = n_1 + n_2 - 2 = 14$  pada taraf nyata  $\alpha = 0.05 = 2.145$  yang berarti  $t_{hitung} < t_{tabel}$  ( $1.633 < 2.145$ ) dengan demikian  $H_0$  diterima. Dalam hal ini dapat disimpulkan bahwa tidak terdapat perbedaan yang signifikan antara latihan *knee tuck jump* dan latihan *box jump* terhadap peningkatan *power* otot tungkai Atlet SSB Gumarang Tahun 2021.

Bedasarkan tabel daftar distribusi t dengan  $dk = n_1 + n_2 - 2 = 14$  pada taraf nyata  $\alpha = 0.05 = 2.145$  yang berarti  $t_{hitung} < t_{tabel}$  ( $0,25 < 2.145$ ) dengan demikian  $H_0$  diterima. Dalam hal ini dapat disimpulkan bahwa tidak terdapat perbedaan yang signifikan antara latihan *knee tuck jump* dan *box jump* terhadap peningkatan hasil *shooting* Atlet SSB Gumarang Tahun 2021.

**Kata Kunci :** *Knee tuck Jump, Box Jump, Power Otot Tungkai, dan Hasil Shooting*



## **ABSTRACT**

**FAHMI ANDIKA DHANA, NIM : 6153321012. DIFFERENCES IN THE EFFECT OF KNEE TUCK JUMP AND BOX JUMP ON INCREASING LEG MUSCLE POWER AND SHOOTING RESULTS OF SSB GUMARANG ATHLETES IN 2021. (SUPERVISOR: H. IBRAHIM WIYAKA.M.KES,AIFO) FIELD THESIS: FACULTY OF SOCIAL SCIENCES 2022.**

The background of research this study was to find out how much influence the knee tuck jump and box jump exercise had on the increase in leg muscle power and shooting results. the design in this study was a randomized pre-test and post-test two group design. the data to be analyzed was obtained through tests and measurements of 16 research samples, namely the knee tuck jump exercise experimental group of 8 people and the box jump exercise experimental group of 8 people. from the two sample groups, the effect of each group on the knee tuck jump exercise and the box jump exercise group on the increase in limb muscle power and shooting results.

Based on the distribution list table  $t$  with  $dk = n1 + n2 - 2 = 14$  at the level of significance = 0.05 = 2.145 which means  $t_{count} < t_{table}$  (1.633 < 2.145) thus  $H_0$  is accepted. In this case, it can be concluded that there is no significant difference between knee tuck jump exercise and box jump exercise on increasing leg muscle power for SSB Gumarang Athletes in 2021.

Based on the distribution list table  $t$  with  $dk = n1 + n2 - 2 = 14$  at the level of significance = 0.05 = 2.145 which means  $t_{count} < t_{table}$  (0.25 < 2.145) thus  $H_0$  is accepted. In this case, it can be concluded that there is no significant difference between knee tuck jump and box jump exercises on increasing the shooting results of SSB Gumarang Athletes in 2021.

**Keywords: Knee tuck Jump, Box Jump, Muscle Power in the Legs, and Shooting Results**