

ABSTRAK

Richard Sanjaya Siregar. “ Kontribusi Latihan *Plyometrics Double Leg Bound* dan *Chest Press Resistance Band* Terhadap Hasil *Smash* Atlet Putra Galang Club Tahun 2022

Pembimbing : Dewi Endriani

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2022

Penelitian ini bertujuan untuk mengetahui Kontribusi Latihan *Plyometrics Double Leg Bound* dan *Chest Press Resistance Band* Terhadap Hasil *Smash* Atlet Putra Galang Club Tahun 2022. Penelitian ini menggunakan metode eksperimen dengan rancangan penelitian *one group pretest-posttest design*. Populasi dalam penelitian ini berjumlah 40 orang dan sampel dalam penelitian ini berjumlah 8 orang dengan teknik pengambilan sampel yaitu *purposive sampling*. Penelitian ini berlangsung selama 18 pertemuan dengan frekuensi latihan 3 kali seminggu.

Hasil analisis penelitian menyimpulkan bahwa: (1) Terdapat kontribusi yang signifikan antara latihan *plyometrics double leg bound* terhadap hasil *smash* atlet putra Galang Club tahun 2022, hal ini dibuktikan dari hasil perhitungan $T_{hitung} - 7,359$

$< t_{tabel} 2,306$. (2) Terdapat kontribusi yang signifikan antara latihan *chest press resistance band* terhadap hasil *smash* atlet putra Galang Club tahun 2022, hal ini dibuktikan dari hasil perhitungan $T_{hitung} - 11,050 < t_{tabel} 2,306$. (3) Terdapat kontribusi yang signifikan antara latihan *plyometrics double leg bound* dan *chest press resistance band* terhadap hasil *smash* atlet putra Galang Club tahun 2022, hal ini dibuktikan dari hasil perhitungan $T_{hitung} - 18,409 < T_{tabel} 4,612$. Dari data yang telah diperoleh dengan H_0 ditolak dan H_a diterima maka, terdapat kontribusi latihan secara bersama-sama *plyometrics double leg bound* dan *chest press resistance band* terhadap hasil *smash* atlet putra Galang Club tahun 2022.

Kata Kunci : *Plyometrics Double Leg Bound*, *Chest Press Resistance Band*, Bola Voli, *Smash*

ABSTRACT

Richard Sanjaya Siregar. “ The Contribution of Plyometrics Double Leg Bound and Chest Press Resistance Band Training to the Smash Results of Galang Club Male Athletes in 2022

Advisor : Dewi Endriani

Thesis: Faculty of Sports Science UNIMED 2022

This study aims to determine the Contribution of Plyometrics Double Leg Bound and Chest Press Resistance Band Exercises to the Smash Results of Putra Galang Club Athletes in 2022. This study used an experimental method with a one group pretest- posttest design. The population in this study amounted to 40 people and the sample in this study amounted to 8 people with a sampling technique that is purposive sampling. This research lasted for 18 meetings with a frequency of 3 times a week.

The results of the research analysis concluded that: (1) There is a significant contribution between plyometrics double leg bound exercises to the smash results of the Galang Club men's athletes in 2022, this is evidenced from the calculation results of $T_{count} - 7.359 < t_{table} 2.306$. (2) There is a significant contribution between chest press resistance band training to the smash results of Galang Club male athletes in 2022, this is evidenced from the calculation results of $T_{count} - 11.050 < t_{table} 2.306$.

(3) There is a significant contribution between plyometrics double leg bound exercises and chest press resistance bands to the smash results of Galang Club male athletes in 2022, this is evidenced from the calculation results of $T_{count} - 18.409 < T_{table} 4.612$. From the data that has been obtained with H_0 being rejected and H_a being accepted, there is a contribution to joint training with plyometrics double leg bound and chest press resistance bands towards the smash results of Galang Club male athletes in 2022.

Keywords : Plyometrics Double Leg Bound, Chest Press Resistance Band, Volleyball, Smash

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