

## ABSTRAK

**BUDI ANANDA GINTING, S, NIM : 6181121026. Kontribusi Latihan *Double Leg Speed Hop* Dan Latihan *Medicine Ball Over And Under* Terhadap Kecepatan Renang Gaya Dada 50 Meter Atlet Putra Gading *Swimming Club* Tahun 2022**

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**Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2022**

Penelitian ini bertujuan untuk mengetahui Latihan *Double Leg Speed Hop* Dan Latihan *Medicine Ball Over And Under* Terhadap Hasil Renang Gaya Dada 50 Meter Atlet Putra Gading *Swimming Club* Tahun 2022. Metode penelitian yang digunakan adalah metode eksperimen. Populasi dalam penelitian ini berjumlah 11 orang. Teknik pengambilan sample yang digunakan adalah *Purposive Sampling*. Jumlah sampel atlet yang di gunakan sebanyak 8 orang. Penelitian ini di laksanakan selama 6 minggu dengan frekuensi latihan 3 kali setiap minggu.

Analisis pengujian hipotesis pertama yaitu kontribusi latihan dari *Double Leg Speed Hop* terhadap hasil Renang Gaya Dada 50 Meter Atlet Putra Gading *Swimming Club*,  $F_{hitung} = 43,09$  dan  $F_{table} = 5,99$ , maka  $F_o > F_t$  diperoleh berdasarkan kriteria pengujian hipotesis maka dalam penelitian ini bahwa terdapat kontribusi yang signifikan dari latihan *Double Leg Speed Hop* terhadap hasil Renang Gaya Dada 50 meter sebesar 43,09% Pada Atlet Putra Gading *Swimming Club* Tahun 2022.

Analisis hipotesis kedua yaitu kontribusi latihan dari *Medicine Ball Over And Under* terhadap hasil Renang Gaya Dada 50 Meter Atlet Gading *Swimming Club* Tahun 2022, diperoleh  $F_{hitung} = 18,75$  dan  $F_{table} = 5,99$ , maka  $F_o > F_t$  berdasarkan kriteria pengujian hipotesis maka dalam penelitian ini, terdapat kontribusi yang signifikan dari latihan *Medicine Ball Over And Under* terhadap hasil Renang Gaya Dada 50 Meter sebesar 18,75% Pada Atlet Putra Gading *Swimming Club* Tahun 2022.

Analisis pengujian hipotesis ketiga yaitu kontribusi latihan *Double Leg Speed Hop* Dan *Medicine Ball Over And Under* terhadap hasil Renang Gaya Dada 50 Meter Atlet Putra Gading *Swimming Club* Tahun 2022 diperoleh  $F_{hitung} = 29,23$  dan  $F_{table} = 19,37$ , maka  $F_o > F_t$  berdasarkan kriteria pengujian hipotesis maka dalam penelitian ini menyimpulkan bahwa, terdapat kontribusi yang signifikan secara bersama-sama antara latihan *Double Leg Speed Hop* Dan *Medicine Ball Over And Under* terhadap hasil Renang Gaya Dada 50 Meter sebesar 29,23% Pada Atlet Putra Gading *Swimming Club* Tahun 2022.

**Kata Kunci : Kontribusi, Latihan *Double Leg Speed Hop*, Latihan *Medicine Ball Over And Under*, Renang Gaya Dada 50 Meter**

## **ABSTRACT**

***BUDI ANANDA GINTING, S, NIM : 6181121026. Contribution of Double Leg Speed Hop Training and Medicine Ball Over And Under Training on 50 Meter Breaststroke Swimming for Men's Athletes Gading Swimming Club 2022.***

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*Thesis : Faculty of Sport Science UNIMED, Medan 2022*

*This study aims to determine the Double Leg Speed Hop Exercise and Medicine Ball Over And Under Exercise on the Results of the 50 Meter Breaststroke Swimming Club Athletes in the Men's Gading Swimming Club in 2022. The research method used is an experimental method. The population in this study amounted to 11 people. The sampling technique used is purposive sampling. The number of samples of athletes used as many as 8 people. This research was conducted for 6 weeks with a frequency of exercise 3 times per week.*

*The analysis of testing the first hypothesis, namely the contribution of exercise from Double Leg Speed Hop to the results of the 50 Meter Breaststroke Swimming Club Athletes of Gading Swimming Club, was obtained  $f_{arithmetic} = 43,09$  and  $f_{table} = 5,99$ , then  $F_o > F_t$  based on the hypothesis testing criteria, in this study that there is a significant contribution from Double Leg exercise Speed Hop on the results of the 50-meter Breaststroke Swimming by 43.09% in the Male Athletes of the Gading Swimming Club in 2022.*

*The analysis of the second hypothesis, namely the contribution of exercise from Medicine Ball Over And Under to the results of the 50 Meter Breaststroke Swimming Club Athlete in 2022, was obtained  $f_{arithmetic} = 18,75\%$  and  $f_{table} = 5,99$ , then  $F_o > F_t$  based on the hypothesis testing criteria, in this study, there was a significant contribution from the Medicine exercise. Ball Over And Under against the results of the 50 Meter Breaststroke Swimming by 18.75% in the Ivory Swimming Club Male Athletes in 2022.*

*The analysis of the third hypothesis testing, namely the contribution of the Double Leg Speed Hop and Medicine Ball Over And Under exercise to the results of the 50 Meter Breaststroke Swimming Club Athlete Gading Swimming Club in 2022 was obtained  $f_{arithmetic} = 29,23$  and  $f_{table} = 19,37$  then  $F_o > F_t$  based on the hypothesis testing criteria, this study concludes that, there are the jointly significant contribution between the Double Leg Speed Hop and Medicine Ball Over And Under exercises on the results of the 50 Meter Breaststroke Swimming by 29.23% in the Male Athletes of Gading Swimming Club in 2022.*

*Keywords: Contribution, Double Leg Speed Hop Exercise, Medicine Ball Over And Under Exercise, 50 Meter Breaststroke Swimming*