

ABSTRAK

Berkat Preddy Wijaya Siburian (Nim : 6193321043), “Kontribusi Latihan *Resistance Band Push Down* Dan *Tuck Jump* Terhadap Kecepatan Renang Gaya Dada 50 Meter Pada Atlet Putra Usia 13-14 Tahun *Aquatic Swimming Club* Medan Tahun 2025”.

(Pembimbing : Jan Bobby Nesra Barus)

Skripsi : Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui (1) kontribusi latihan *resistance band push down* terhadap kecepatan renang gaya dada 50 meter atlet putra kategori usia 13-14 tahun *Aquatic Swimming Club* Medan Tahun 2025 (2) kontribusi latihan *tuck jump* terhadap kecepatan renang gaya dada 50 meter atlet putra kategori usia 13-14 tahun *Aquatic Swimming Club* Medan Tahun 2025 (3) kontribusi secara bersama-sama latihan *resistance band push down* dan *tuck jump* berkontribusi terhadap kecepatan renang gaya dada 50 meter atlet putra kategori usia 13-14 tahun *Aquatic Swimming Club* Medan Tahun 2025.

Penelitian ini menggunakan metode eksperimen dengan desain *one group pre-test post-test design*. Populasi berjumlah 10 orang dan sampel pada penelitian ini berjumlah 10 orang atlet. Teknik analisis data menggunakan analisis statistik regresi. Berdasarkan hasil penelitian menunjukkan bahwa; (1) terdapat kontribusi latihan *resistance band push down* terhadap kecepatan renang gaya dada 50 meter sebesar 92.08% dengan memperoleh nilai $F_{hitung} = 91,309 > F_{tabel} = 5,32$ (2) terdapat kontribusi latihan *tuck jump* terhadap kecepatan renang gaya dada 50 meter sebesar 95.84% dengan memperoleh nilai $F_{hitung} = 174,996 > F_{tabel} = 5,32$ (3) terdapat kontribusi secara bersama-sama latihan *resistance band push down* dan *tuck jump* berkontribusi terhadap kecepatan renang gaya dada 50 meter sebesar 89,16%. dan memperoleh nilai $F_{hitung} = 13,620 > F_{tabel} = 4,74$.

Kata kunci : Kecepatan Renang Gaya Dada 50 Meter, *Resistance Band Push Down*, *Tuck Jump*

ABSTRACT

**Berkat Preddy Wijaya Siburian (Nim : 6193321043), "The Contribution of Resistance Band Pushdown and Tuck Jump Training to 50-meter Breaststroke Swimming Speed in Male Athletes Aged 13-14 Years at the Medan Aquatic Swimming Club in 2025".
(Supervisor: Jan Bobby Nesra Barus)**

Thesis : Sport Coaching Education, Faculty of Sports Science, State University of Medan

This study aims to determine (1) the contribution of resistance band push down training to the speed of 50-meter breaststroke swimming for male athletes in the 13-14 year age category at the Medan Aquatic Swimming Club in 2025 (2) the contribution of tuck jump training to the speed of 50-meter breaststroke swimming for male athletes in the 13-14 year age category at the Medan Aquatic Swimming Club in 2025 (3) the joint contribution of resistance band push down and tuck jump training to the speed of 50-meter breaststroke swimming for male athletes in the 13-14 year age category at the Medan Aquatic Swimming Club in 2025.

This study uses an experimental method with a one-group pre-test post-test design. The population is 10 people and the sample in this study is 10 athletes. The data analysis technique uses statistical regression analysis. Based on the results of the study, it shows that; (1) there is a contribution of resistance band push down training to the speed of 50-meter breaststroke swimming by 92.08% with a calculated F value of $91.309 > F_{table} = 5.32$ (2) there is a contribution of tuck jump training to the speed of 50-meter breaststroke swimming by 95.84% with a calculated F value of $174.996 > F_{table} = 5.32$ (3) there is a joint contribution of resistance band push down and tuck jump training to the speed of 50-meter breaststroke swimming by 89.16% and obtaining a calculated F value of $13.620 > F_{table} = 4.74$.

Keywords : 50-meter Breaststroke Swimming Speed, Resistance Band Push Down, Tuck Jump