

ABSTRAK

Ryan Fahreza (Nim : 6203121027), “Perbedaan Pengaruh Latihan *Triangle Push up* Dan *Incline Push up* Terhadap Peningkatan Power Otot Lengan Dan Kemampuan *Slap* Atlet *Hockey Outdoor* Putra *Yaspenda Hockey Club* Asahan Tahun 2025”.

(Pembimbing : Ibrahim Wiyaka)

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

Permasalahan utama dalam permainan *hockey* di *Yaspenda Hockey Club* Asahan adalah rendahnya *power* otot lengan atlet yang berdampak pada kurang optimalnya keterampilan *slap*. Kondisi tersebut menunjukkan perlunya pemberian program latihan yang tepat untuk meningkatkan kemampuan fisik dan teknik atlet. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh latihan *triangle push up* dan *incline push up* terhadap peningkatan *power* otot lengan serta kemampuan *Slap* atlet *hockey* outdoor putra *Yaspenda Hockey Club* Asahan tahun 2025.

Penelitian ini menggunakan metode *experiment* dengan desain *two group pre-test post-test*. Populasi penelitian berjumlah 24 atlet, dan sampel ditentukan melalui teknik *purposive sampling* sehingga diperoleh 12 atlet yang memenuhi kriteria. Instrumen yang digunakan untuk mengukur *power* otot lengan adalah *two-hand medicine ball put test*, dengan data diperoleh melalui *pre-test* dan *post-test*. Hasil analisis menunjukkan bahwa latihan *triangle push up* memberikan pengaruh signifikan terhadap peningkatan *power* otot lengan ($t_{hitung} 4,414 > t_{tabel} 2,015$) dan kemampuan *slap* ($T_{hitung} 13,866 > T_{tabel} 2,015$). Latihan *incline push up* juga berpengaruh signifikan terhadap *power* otot lengan ($T_{hitung} 4,961 > T_{tabel} 2,015$) dan kemampuan *Slap* ($T_{hitung} 8,771 > T_{tabel} 2,015$). Terdapat perbedaan pengaruh antara kedua latihan terhadap *power* otot lengan ($T_{hitung} 11,014 > T_{tabel} 2,200$), namun tidak terdapat perbedaan pengaruh yang signifikan pada kemampuan *Slap* ($T_{hitung} 1,960 < T_{tabel} 2,200$).

Kata Kunci: *Power Otot Lengan, Slap, Triangle Push up, Incline Push up.*



ABSTRACT

Ryan Fahreza (NIM: 6203121027), "The Difference in the Effects of Triangle Push ups and Incline Push ups on Improving Arm Muscle Power and Slap Ability in Male Outdoor Hockey Athletes of Yaspenda Hockey Club Asahan in 2025".

(Supervisor: Ibrahim Wiyaka)

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

The main problem in hockey performance at Yaspenda Hockey Club Asahan is the low arm muscle power of the athletes, which results in suboptimal Slap skills. This condition indicates the need for an appropriate training program to improve both the physical and technical abilities of the athletes. This study aims to determine the differences in the effects of Triangle Push up and Incline Push up training on the improvement of arm muscle power and Slap ability of male outdoor hockey athletes at Yaspenda Hockey Club Asahan in 2025.

This research employed an experimental method with a two-group pre-test post-test design. The study population consisted of 24 athletes, and the sample was determined using purposive sampling, resulting in 12 athletes who met the criteria. The instrument used to measure arm muscle power was the two-hand medicine ball put test, with data obtained through pre-test and post-test measurements.

The results showed that Triangle Push up training had a significant effect on increasing arm muscle power ($T_{count} 4.414 > T_{table} 2.015$) and Slap ability ($t_{count} 13.866 > t_{table} 2.015$). Incline Push up training also had a significant effect on arm muscle power ($T_{count} 4.961 > T_{table} 2.015$) and Slap ability ($T_{count} 8.771 > T_{table} 2.015$). Furthermore, there was a significant difference between the two training methods in improvig arm muscle power ($T_{count} 11.014 > T_{table} 2.200$), but there is no significant difference in the effect on Slap ability ($T_{count} 1.960 < T_{table} 2.200$).

Keywords: Arm Muscle Power, Slap, Triangle Push up, Incline Push up

