

ABSTRAK

Friya Rizka Siregar NIM. 6211121045, “Pengaruh Latihan *Bicep Curl* Dan *Incline Push Up* Terhadap *Power* Otot Lengan Pada Atlet Putri Unimed Hockey Club Tahun 2025”.

(Pembimbing Skripsi: Ibrahim)

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

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *bicep curl* dan *incline push up* terhadap peningkatan *power* otot lengan pada atlet putri Unimed Hockey Club Tahun 2025, serta untuk mengetahui apakah terdapat perbedaan pengaruh antara kedua bentuk latihan tersebut. Penelitian ini menggunakan metode *quasi* eksperimen dengan desain *two group pretest-posttest design*. Sampel penelitian berjumlah 10 atlet yang ditentukan melalui teknik *purposive sampling* dan dibagi menjadi dua kelompok menggunakan teknik *ordinal pairing* agar kemampuan awal kedua kelompok setara. Instrumen pengukuran menggunakan tes *Two Hand Medicine Ball* untuk menilai *power* otot lengan. Hasil penelitian menunjukkan bahwa latihan *bicep curl* berpengaruh terhadap *power* otot lengan dengan nilai thitung = 8,182 > ttabel = 2,131. Latihan *incline push up* juga memberikan pengaruh dengan nilai thitung = 4,851 > ttabel = 2,131. Selanjutnya, hasil uji t dua sampel independen menunjukkan tidak terdapat perbedaan pengaruh antara kedua latihan tersebut, ditunjukkan dengan nilai thitung = -1,091, yang berada dalam rentang -ttabel = -2,306 hingga ttabel = 2,306. Dengan demikian, kedua bentuk latihan sama-sama efektif dalam meningkatkan *power* otot lengan atlet putri Unimed Hockey Club Tahun 2025, sehingga dapat diterapkan secara bergantian ataupun dikombinasikan dalam program latihan untuk mengoptimalkan performa atlet.

Kata kunci: *Bicep Curl*, *Incline Push Up*, *Power* Otot Lengan, *Hockey*.

ABSTRACT

Friya Rizka Siregar NIM. 6211121045, “The Effect of Bicep Curl and Incline Push-Up Exercises on Arm Muscle Power in Female Athletes of the Unimed Hockey Club in 2025”.

(Supervisor: Ibrahim)

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

This study aims to determine the effect of bicep curl and incline push-up exercises on increasing arm muscle power in female athletes of the Unimed Hockey Club in 2025, as well as to determine whether there is a difference in the effect between the two types of exercise. This study used a quasi-experimental method with a two-group pretest-posttest design. The sample consisted of 10 athletes selected through purposive sampling and divided into two groups using ordinal pairing to ensure that the initial abilities of both groups were equivalent. The measurement instrument used the Two Hand Medicine Ball test to assess arm muscle power. The results showed that bicep curl exercises had an effect on arm muscle power with a t -value of $8.182 > t_{\text{table}} = 2.131$. Incline push-ups also had an effect with a t -value of $4.851 > t_{\text{table}} = 2.131$. Furthermore, the results of the independent two-sample t -test showed that there was no difference in the effect between the two exercises, as indicated by a t -value of -1.091 , which was within the range of $-t_{\text{table}} = -2.306$ to $t_{\text{table}} = 2.306$. Thus, both forms of exercise are equally effective in increasing the arm muscle power of female athletes in the Unimed Hockey Club in 2025, so they can be applied alternately or combined in a training program to optimize athlete performance.

Keywords: Bicep Curl, Incline Push Up, Arm Muscle Power, Hockey.

