

ABSTRAK

Jona Gomos Zepanya Purba NIM: 6213121051 “Pengaruh Variasi Latihan *Burpees* Terhadap Peningkatan *Power* Otot Tungkai Pada Atlet Putra SSB Guntor Berastagi Tahun 2025”.

(Pembimbing Skripsi: Andarias Ginting)

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

Berdasarkan kemampuan *shooting* dan *heading* atlet putra SSB Guntor Berastagi masih belum optimal, terlihat dari kurang maksimalnya laju bola saat melakukan *shooting* serta rendahnya lompatan saat melakukan *heading*. Kondisi tersebut diperkuat oleh hasil tes *vertical jump* yang menunjukkan sebagian besar atlet berada pada kategori kurang, sehingga mengindikasikan rendahnya *power* otot tungkai. Penelitian ini bertujuan untuk mengetahui pengaruh variasi latihan *burpees* terhadap peningkatan *power* otot tungkai atlet putra SSB Guntor Berastagi Tahun 2025. Penelitian dilaksanakan di Lapangan Gok Purba Berastagi, Kabupaten Karo, Sumatera Utara. Populasi penelitian berjumlah 30 atlet, dengan sampel 12 atlet yang ditentukan melalui teknik *purposive sampling*. Metode yang digunakan adalah eksperimen dengan desain *one group pre-test post-test design*. Instrumen penelitian menggunakan tes *vertical jump*. Teknik pengumpulan data dilakukan melalui *pre-test*, pemberian perlakuan variasi latihan *burpees* selama 18 pertemuan dalam 6 minggu (3 kali seminggu), dan *post-test*. Analisis data menggunakan uji normalitas, uji homogenitas, dan uji-t. Hasil uji-t menunjukkan nilai t-hitung sebesar 8,579 lebih besar daripada t-tabel 1,795 ($\alpha = 0,05$), sehingga terdapat peningkatan yang signifikan setelah perlakuan. Dengan demikian, variasi latihan *burpees* berpengaruh signifikan terhadap peningkatan *power* otot tungkai atlet putra SSB Guntor Berastagi Tahun 2025.

Kata Kunci: Latihan *Burpees*, *Power*, Sepakbola.

ABSTRACT

Jona Gomos Zepanya Purba NIM: 6213121051” The Effect of Burpee Exercise Variations on Leg Muscle Power Improvement in Male Athletes at SSB Guntor Berastagi in 2025”.

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Based on their shooting and heading skills, the male athletes of SSB Guntor Berastagi have yet to reach their full potential, as evidenced by the lack of speed in their shots and the low height of their jumps during headers. This condition is reinforced by the results of the vertical jump test, which shows that most athletes are in the lower category, indicating low leg muscle power. This study aims to determine the effect of burpee training variations on increasing the leg muscle power of male athletes at SSB Guntor Berastagi in 2025. The study was conducted at the Gok Purba Berastagi Field, Karo Regency, North Sumatra. The study population consisted of 30 athletes, with a sample of 12 athletes determined using purposive sampling. The method used was an experiment with a one-group pre-test post-test design. The research instrument used a vertical jump test. Data collection techniques were carried out through pre-tests, the provision of burpee exercise variations for 18 sessions over 6 weeks (3 times a week), and post-tests. Data analysis used normality tests, homogeneity tests, and t-tests. The t-test results showed that the t-count value of 8.579 was greater than the t-table value of 1.795 ($\alpha = 0.05$), indicating a significant increase after the treatment. Thus, the burpee exercise variation had a significant effect on increasing the leg muscle power of male athletes at SSB Guntor Berastagi in 2025.

Keywords: Training Burpees, Power, Soccer.