

ABSTRAK

Dedi Situmorang NIM : 6203121085 “Perbedaan Pengaruh Latihan *Harlan Cohen’s* Dan *Two-Pass Reaction* Terhadap Kemampuan *Setting* Bola Voli Putra Club Gaperta Tahun 2024”

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Skripsi : Fakultas Ilmu Keolahragaan, UNIMED 2024.

Setting merupakan salah satu keterampilan dasar dalam permainan bola voli yang membutuhkan kecepatan, ketepatan, serta koordinasi gerak. Metode latihan *Harlan Cohen’s* dan *Two Pass Reaction* dirancang untuk meningkatkan respon pemain dalam melakukan *setting* dan *passing* yang merupakan kunci dalam mengatur serangan dalam permainan. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh metode latihan *Harlan Cohen’s* dan *Two Pass Reaction* terhadap kemampuan *setting* bolavoli putra Club Gaperta tahun 2024.

Penelitian ini menggunakan metode eksperimen dengan rancangan *Two Group Design Pretest-Posttest*. Teknik pengambilan sampel dalam penelitian ini adalah *purposive sampling*. Subjek penelitian adalah 10 orang atlet bolavoli yang dibagi menjadi dua kelompok. Kelompok pertama diberikan latihan *Harlan Cohen’s* sementara kelompok kedua diberikan latihan *Two Pas Reaction*. Pengukuran dilakukan terhadap kemampuan *setting* sebelum dan sesudah latihan. Analisa yang digunakan dalam penelitian ini adalah uji normalitas, uji homogenitas dan uji hipotesi menggunakan *uji-t* dengan bantuan SPSS. Hasil uji hipotesis 1 menunjukkan nilai $\text{sig} = 0,00 < \alpha = 0,05$, dengan demikian H_0 diterima dan H_a ditolak, artinya terdapat pengaruh signifikan latihan *Harlan Cohen’s* terhadap kemampuan *setting* bolavoli putra Komunitas Gaperta tahun 2024. Hasil uji hipotesis 2 menunjukkan nilai $\text{sig} = 0,00 < \alpha = 0,05$, H_0 diterima dan H_a ditolak, artinya terdapat pengaruh signifikan latihan *Two Pas Reacton* terhadap kemampuan *setting* bolavoli putra Komunitas Gaperta tahun 2024. Hasil uji hipotesis 3 menunjukkan nilai $T_{\text{hitung}} = 0,402 < T_{\text{tabel}} = 1,812$, H_0 ditolak dan H_a diterima, artinya tidak terdapat pengaruh latihan *Harlan Cohen’s* dan *Two Pas Reaction* terhadap kemampuan *setting* bolavoli putra Club Gaperta tahun 2024.

Kata Kunci : Harlan Cohen’s, Two Pas Reaction, Setting

ABSTRACT

Dedi Situmorang NIM : 6203121085 "The Difference in the Effect of Harlan Cohen's and Two-Pass Reaction Training on Club Gaperta Men's Volleyball Setting Ability in 2024".

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Thesis : Faculty of Sports Science, UNIMED 2024.

Setting is one of the basic skills in volleyball which requires speed, accuracy and coordination of movements. Harlan Cohen's and Two Pass Reaction training methods are designed to improve the player's response in setting and passing which is the key to organizing attacks in the game. This research aims to determine the difference in the influence of Harlan Cohen's and Two Pass Reaction training methods on the men's volleyball setting ability of the Gaperta club in 2024.

This research uses an experimental method with a Two Group Design Pretest-Posttest design. The sampling technique in this research is purposive sampling. The research subjects were 10 volleyball athletes who were divided into two groups. The first group was given Harlan Cohen's exercise while the second group was given the Two Pas Reaction exercise. Measurements were made on setting ability before and after training. The analysis used in this research is the normality test, homogeneity test and hypothesis test using the t-test with the help of SPSS. Hypothesis 1 test results show a value of $\text{sig} = 0.00 < \alpha = 0.05$, thus H_0 is accepted and H_a is rejected, meaning that there is a significant influence of Harlan Cohen's training on the men's volleyball setting ability of the Gaperta Community in 2024. Hypothesis 2 test results show a sig value = $0.00 < \alpha = 0.05$, H_0 is accepted and H_a is rejected, meaning that there is a significant influence of Two Pas Reacton training on the volleyball setting ability of Gaperta Community men in 2024. Hypothesis test results 3 show the value of $T_{\text{count}} = 0.402 < T_{\text{table}} = 1.812$, H_0 rejected and H_a accepted, meaning that there is no influence of Harlan Cohen's and Two Pas Reaction training on the Gaperta club men's volleyball setting ability in 2024.

Keywords: Harlan Cohen's. Two Pas Reaction, Setting