

ABSTRAK

Dimas Anggara. NIM 6193321040. Pengaruh Latihan *Medicine Ball Toss* Terhadap Kemampuan Backhand Groundstroke Pada Permainan Tennis Lapangan Pada Club Tennis Goenrich Tahun 2024. (Pembimbing Skripsi: NURKADRI)

SKRIPSI : Pendidikan Kepelatihan Olahragam Fakultas Ilmu Keolahragaan Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui tentang pengaruh latihan *Medicine Ball Toss* Terhadap Kemampuan Backhand Groundstroke Pada Permainan Tennis Lapangan Pada Club Tennis Goenrich Tahun 2024.

Metode Penelitian ini menggunakan eksperimen lapangan dengan teknik pengambilan data digunakan tes dan pengukuran. Lokasi penelitian ini dilaksanakan di lapangan Lapangan Lanud Soewondo Medan dengan sampel 10 orang. Sampel dijadikan satu kelompok sehingga mendapat bentuk latihan yang sama, yaitu latihan *Medicine Ball Toss*.

Dari hasil perhitungan normalitas *pre-test* diperoleh $L_0 = 0,230$. Pada taraf $\alpha = 0.05$ diperoleh $L_{tabel} = 0,258$ dengan demikian $L_0 = 0,230 < L_{tabel} = 0,258$, berarti H_0 diterima. Kesimpulannya adalah sampel berasal dari populasi yang berdistribusi normal. Dari hasil perhitungan *post test* diperoleh $L_0 = 0,191$. Pada taraf $\alpha = 0.05$ diperoleh $L_{tabel} = 0,258$ dengan demikian $L_0 = 0,191 < L_{tabel} = 0,258$, berarti H_0 diterima. Kesimpulannya adalah sampel berasal dari populasi yang berdistribusi Normal. Dari hasil perhitungan homogenitas diperoleh $F_{hitung} = 2,17$. Pada taraf $\alpha = 0.05$ diperoleh $F_{tabel} (9,9) = 3,18$. Dengan demikian $F_{hitung} = 2,17 < F_{tabel} = 3,18$, berarti H_0 diterima. Kesimpulannya adalah data berasal dari varians yang homogen.

Berdasarkan perhitungan hipotesis pada tabel distribusi t dengan $dk = n-1$ ($10-1 = 9$) pada taraf nyata $\alpha = 0.05 = 8,37$ yang berarti $t_{hitung} > t_{tabel}$ ($8,37 > 2,26$) dengan demikian H_a diterima dan H_0 ditolak. Dari hasil pengujian hipotesis ini dapat disimpulkan bahwa latihan *medicine ball toss* memberikan pengaruh yang signifikan terhadap hasil kemampuan *backhand groundstroke* pada permainan Tennis Lapangan Pada Club Tennis Goenrich Tahun 2024.

Kata Kunci : *Medicine Ball Toss*, Kemampuan *Backhand Groundstroke*, Tennis Lapangan

ABSTRACT

Dimas Anggara. NIM 6193321040. *The Effect of Medicine Ball Toss Practice on Backhand Groundstroke Ability in Court Tennis at Goenrich Tennis Club in 2024. (Thesis Supervisor: NURKADRI) CRYPTOGRAPHY: Faculty of Sports Sciences UNIMED 2024.*

This study aims to find out about the effect of Medicine Ball Toss training on backhand groundstroke ability in court tennis games at the Goenrich Tennis Club in 2024.

Methods This research uses field experiments with data collection techniques using tests and measurements. The location of this research was carried out in the field of the Soewondo Air Force Field in Medan with a sample of 10 people. The samples were made into one group so that they got the same form of exercise, namely the Medicine Ball Toss exercise.

From the results of the calculation of the normality of the pre-test, $L_0 = 0.230$ was obtained. At the level of $\alpha = 0.05$, $L_{table} = 0.258$ is obtained, thus $L_0 = 0.230 < L_{table} = 0.258$, meaning that H_0 is accepted. The conclusion was that the sample came from a normally distributed population. From the results of the post test calculation, $L_0 = 0.191$ was obtained. At the level of $\alpha = 0.05$, $L_{table} = 0.258$ is obtained, thus $L_0 = 0.191 < L_{table} = 0.258$, meaning that H_0 is accepted. The conclusion is that the sample came from a population that was normally distributed. From the results of the homogeneity calculation, $F_{cal} = 2.17$ was obtained. At the level of $\alpha = 0.05$, $F_{table} (9,9) = 3.18$ was obtained. Thus $F_{cal} = 2.17 < F_{table} = 3.18$, means that H_0 is accepted. The conclusion is that the data comes from homogeneous variance.

Based on the calculation of the hypothesis on the distribution table t with $dk = n-1$ ($10-1 = 9$) at the real level $\alpha = 0.05 = 8.37$ which means t calculate $>$ the table ($8.37 > 2.26$) thus H_a is accepted and H_0 is rejected. From the results of this hypothesis test, it can be concluded that the medicine ball toss exercise has a significant influence on the results of backhand groundstroke ability in the field tennis game at the Goenrich Tennis Club in 2024.

Keywords: Medicine Ball Toss, Backhand Groundstroke Ability, Court Tennis