

ABSTRAK

Jordan Telaumbanua (Nim: 6203321016). “Pengaruh Latihan *Double Leg Speed Hop* Dan Latihan *Ankle Weight* Terhadap Peningkatan Kecepatan Tendangan Samping Atlet Putra Pencak Silat Perguruan Tapak Suci Cabang Medan Marelan Tahun 2024”

(Pembimbing: Pangondian Hotliber Purba)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2024

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *double legspeed hop* dan latihan *ankle weight* terhadap peningkatan kecepatan tendangan samping pada atlet putra pencak silat perguruan tapak suci cabang Medan Marelan tahun 2024. Metode penelitian ini merupakan penelitian eksperimen. Teknik pengambilan data menggunakan tes kecepatan tendangan samping. Sampel dari penelitian ini adalah atlet putra pencak silat yang berjumlah 20 orang, yang dipilih dengan menggunakan teknik *probability sampling*. Penelitian ini dilaksanakan di Pesantren *Modern Entreprenur* Darul Mustofa kecamatan Hamparan Perak, Kabupaten Deli Serdang. Dasar kriteria pengujian dengan signifikasi 5%.

Hasil penelitian menunjukkan bahwa (1) ada pengaruh pada kelompok latihan *double leg speed hop* diperoleh nilai $t_{hitung} > t_{tabel}$ yakni $3,20 > 2,26$ pada taraf $\alpha 0,05$ dengan dk $(n-1) = 9$. (2) ada pengaruh pada kelompok latihan *ankle weight* diperoleh nilai $t_{hitung} > t_{tabel}$ yakni $5,12 > 2,26$ pada taraf $\alpha 0,05$ dengan dk $(n-1) = 9$. (3) berdasarkan hasil uji-t kedua kelompok diketahui nilai t_{hitung} (5,12) kelompok eksperimen latihan *ankle weight* lebih besar daripada t_{hitung} (3,20) kelompok eksperimen latihan *double leg speed hop*. Maka H_0 ditolak H_a diterima.

Kata kunci : Latihan *double leg speed hop*, latihan *ankle weight*, kecepatan tendangan *samping*.



ABSTRACT

Jordan Telaumbanua (Nim: 6203321016). “The Effect of Double Leg Speed Hop Training And Ankle Weight Training on Increasing Side Kick Speed in Male Pencak Silat Athletes at Tapak Suci College Medan Marelan Branch in 2024”

(Advisor: Pangondian Hotliber Purba)

Thesis: Fakulty of sports science UNIMED 2024

The aim of this research is to determine the effect of double leg speed hop training and ankle weight training on increasing side kick speed in male pencak silat athletes at the Tapak Suci College Medan Marelan branch in 2024. This research method is experimental research. The data collection technique uses a side kick speed test. The sample for this research was 20 male pencak silat athletes, who were selected using probability sampling techniques. This research was carried out at the Modern Entreprenur Darul Mustofa Islamic Boarding School, Hamparan Perak sub-district, Deli Serdang district. Basic testing criteria with 5% significance.

The results of the research show that (1) there is an influence in the double leg speed hop training group, the value of $t_{count} > t_{table}$ is $3.20 > 2.26$ at the α level of 0.05 with $dk (n-1) = 9$. (2) there is an influence in the ankle weight training group, the value of $t_{count} > t_{table}$ was obtained, namely $5.12 > 2.26$ at the α level of 0.05 with $dk (n-1) = 9$. (3) based on the results of the t-test for both groups It is known that the value of t_{count} (5.12) for the experimental group with ankle weight training is greater than t_{count} (3.20) for the experimental group for double leg speed hop training. So H_0 is rejected and H_a is accepted.

Key words: double leg speed hop training, ankle weight training, side kick speed.

