

ABSTRAK

M.SYHRUL, 6192421011. KONTRIBUSI LATIHAN *BOX JUMP* DAN LATIHAN BOLA GANTUNG TERHADAP HASIL *SMASH* KEDENG SEPAK TAKRAW STC SIMPATI SERGAI TAHUN 2024 .PEMBIMBING : IBRAHIM WIYAKA. SKRIPSI FAKULTAS ILMU KEOLAHRAAGAN UNIVERSITAS NEGERI MEDAN

Penelitian ini bertujuan untuk mengetahui kontribusi latihan *jump to box* dan bola gantung terhadap hasil *smash* kedeng sepak takraw STC Simpati Sergai Tahun 2024. Metode penelitian yang digunakan adalah metode eksperimen dengan desain *one group pre-test post-test design*. Populasi dalam penelitian ini berjumlah 10 atlet, dan sampel menggunakan teknik *total sampling* sehingga didapatkan sampel berjumlah 10 atlet. Penelitian ini dilaksanakan selama 6 minggu dengan total 18 kali pertemuan dengan frekuensi 3 kali dalam satu minggu. Teknik pengambilan data menggunakan tes dan pengukuran. Teknik analisis data menggunakan analisis statistik regresi.

Hasil dari penelitian ini adalah: (1) Terdapat kontribusi latihan *jump to box* terhadap hasil *smash* kedeng sepak takraw STC Simpati Sergai tahun 2024 dengan nilai koefisien determinasi 0.889 atau 88,9% (2) Terdapat kontribusi latihan bola gantung terhadap terhadap hasil *smash* kedeng sepak takraw STC Simpati Sergai tahun 2024 dengan nilai koefisien determinasi 0.852 atau 85.2% (3) Terdapat kontribusi latihan *jump to box* dan bola gantung terhadap hasil *smash* kedeng sepak takraw STC Simpati Sergai tahun 2024 dengan nilai koefisien determinasi 0.900 atau 90%.

Kata kunci : Sepak Takraw, Smash Kedeng, Box jump, Bola Gantung

ABSTRACT

M.SYHRUL, 6192421011. THE CONTRIBUTION OF BOX JUMP EXERCISES AND HANGING BALL EXERCISES TO THE SMASH OUTCOMES OF KEDENG SEPAK TAKRAW STC SIMPATI SERGAI 2024. SUPERVISOR: IBRAHIM WIYAKA. THESIS OF FACULTY OF SPORT SCIENCES, UNIVERSITAS NEGERI MEDAN.

This study aims to determine (1) the contribution of hurdle jump training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club; (2) the contribution of side jump sprint training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club; (3) the simultaneous contribution through hurdle jump training and side jump sprint training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club. This study uses an experimental method with a one group pre-test post-test design. The population is 8 people and the sample in this study is 6 female athletes of the Medan Athletics Dumpang Club with sampling using the purposive sampling technique. The data analysis technique uses statistical regression analysis. Based on the results of the study, it shows that; (1) There is a contribution of hurdle jump training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club of 16.52% with an F count value = 15.151 < F table = 7.71; (2) there is a contribution of side jump sprint training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club of 9.67% with an F count value = 9.240 < F table = 7.71; (3) there is a simultaneous contribution through hurdle jump and side jump sprint training to the results of the squat style long jump of female athletes aged 15-17 years of the Medan Athletics Dumpang club of 41.83% and with an F count value = 0.2703 < F table = 9.55.

Keywords : Sepak Takraw, Smash Kedeng, Box jump, Hanging Ball