

## ABSTRAK

**ASWAR ZUHRI, NIM 07126622177 Perbedaan Pengaruh Latihan *Medicine Ball Two Hand Side Throw* dengan Latihan *Horizontal Swing* Terhadap Peningkatan *Power* Otot Lengan dan Hasil Kemampuan *Push* Dalam Permainan Hoki pada Atlet Putri Unimed Tahun 2012.**

**(Dosen Pembimbing : NONO HARDINOTO ). SKRIPSI : FIK UNIMED 2012.**

Hoki merupakan olahraga beregu yang memerlukan unsur-unsur kerjasama antar tim, untuk mencapai keuntungan dari masing-masing individu sebagai anggota tim, karena hoki merupakan olahraga yang dimainkan oleh 11 orang, yang dimainkan menggunakan stick sebagai alat bermain.

Penelitian ini bertujuan untuk mengetahui latihan apakah yang lebih berpengaruh antara latihan *medicine ball two hand side throw* dan latihan *horizontal* terhadap *power* otot lengan dan hasil kemampuan *push* pada atlet putri hoki Unimed Tahun 2012. Metode penelitian yang digunakan dalam penelitian ini adalah metode *experiment*. Dengan pelaksanaan latihan yaitu *medicine ball two hand side throw* dan latihan *horizontal swing*.

Populasi adalah atlet hoki putri yang berjumlah 18 orang. Jumlah sampel 14 orang diperoleh dengan teknik *Purposive random sampling*. selanjutnya dibagi menjadi dua kelompok dengan teknik *Matching Pairing* yaitu kelompok latihan *medicine ball two hand side throw* dan kelompok *horizontal swing*. Instrumen penelitian untuk pengumpulan data dengan *test* dan pengukuran adalah *Medicine ball chest throw* untuk *power* otot lengan dan *test stop watch* untuk hasil kemampuan *push*. Penelitian dilaksanakan selama 18 x pertemuan dengan latihan 3 (tiga) kali dalam seminggu. Untuk melihat pengaruh masing-masing variabel bebas maupun terikat digunakan perhitungan uji – t berpasangan dan uji – t tidak berpasangan .

Analisis hipotesis I dari data *pre-test* dan data *post- test power* otot lengan kelompok latihan *medicine ball two hand side throw* diperoleh  $t_{hitung}$  sebesar 11,11 serta  $t_{tabel}$  2,45 dengan  $\alpha = 0,05$  ( $t_{hitung} > t_{tabel}$ ) berarti  $H_0$  ditolak dan  $H_a$  diterima. Dengan kesimpulan, latihan *medicine ball two hand side throw* secara signifikan berpengaruh terhadap peningkatan *power* otot lengan pada atlet hoki putri Unimed Tahun 2012.

Analisis hipotesis II dari data *pre-test* dan data *post- test* kelompok *horizontal swing* terdapat *power* otot lengan diperoleh  $t_{hitung}$  sebesar 7,75 serta  $t_{tabel}$  sebesar 2,45 dengan  $\alpha = 0,05$  ( $t_{hitung} > t_{tabel}$ ) berarti  $H_0$  ditolak dengan  $H_a$  diterima. Jadi, latihan *horizontal swing* signifikan berpengaruh terhadap peningkatan *power* otot lengan pada atlet hoki putri Unimed Tahun 2012.

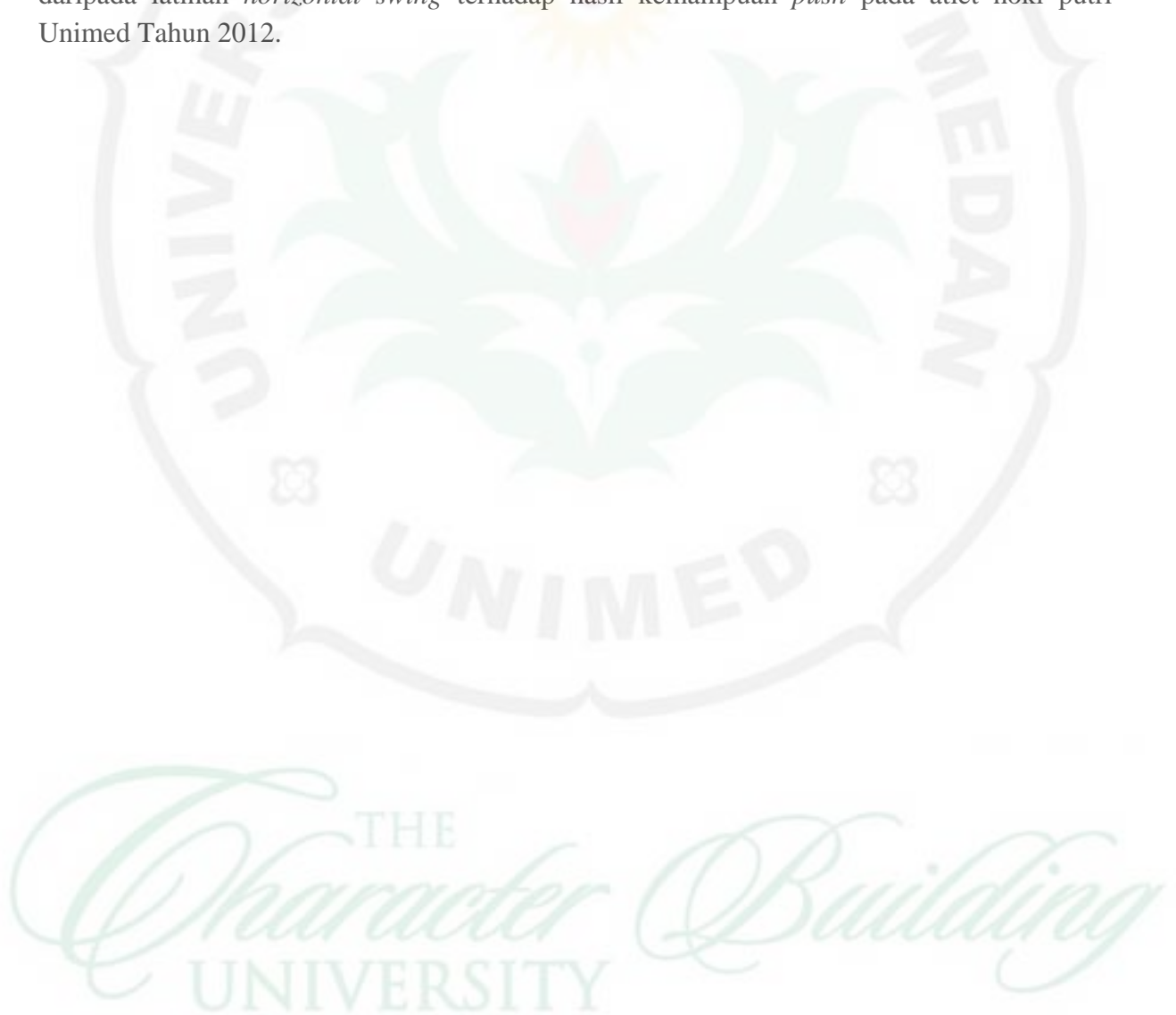
Analisis hipotesis ketiga dari rata-rata dan simpangan baku diperoleh  $t_{hitung}$  sebesar 0 serta  $t_{tabel}$  2,18 dengan  $\alpha = 0,05$  ( $t_{hitung} < t_{tabel}$ ) berarti  $H_0$  diterima dan  $H_a$  ditolak. Jadi, latihan *medicine ball two hand side throw* tidak lebih besar pengaruhnya daripada latihan *horizontal swing* terhadap peningkatan *power* otot lengan pada atlet hoki putri Unimed Tahun 2012.

Analisis hipotesis keempat dari data *pre-test* dan data *post- test* kemampuan *push* kelompok latihan *medicine ball two hand side throw* diperoleh  $t_{hitung}$  sebesar 7,14 serta  $t_{tabel}$  2,45 dengan  $\alpha = 0,05$  ( $t_{hitung} > t_{tabel}$ ) berarti  $H_0$  ditolak dan  $H_a$  diterima. Dengan kesimpulan,

latihan *medicine ball two hand side throw* secara signifikan berpengaruh terhadap hasil kemampuan *push* pada atlet hoki putri Unimed Tahun 2012.

Analisis hipotesis kelima dari data *pre-test* dan data *post-test* kemampuan *push* kelompok latihan *horizontal swing* diperoleh  $t_{hitung}$  sebesar 3,25 serta  $t_{tabel}$  2,45 dengan  $\alpha = 0,05$  ( $t_{hitung} > t_{tabel}$ ) berarti  $H_0$  ditolak dan  $H_a$  diterima. Jadi, latihan *horizontal swing* secara signifikan berpengaruh terhadap hasil kemampuan *push* pada atlet hoki putri Unimed Tahun 2012.

Analisis hipotesis keenam dari perhitungan rata-rata dan simpangan baku diperoleh harga  $t_{hitung}$  sebesar -14,33 serta  $t_{tabel}$  2,18 dengan  $\alpha = 0,05$  ( $t_{hitung} < t_{tabel}$ ) berarti  $H_0$  diterima dan  $H_a$  ditolak. Jadi, latihan *medicine ball two hand side throw* tidak lebih besar pengaruhnya daripada latihan *horizontal swing* terhadap hasil kemampuan *push* pada atlet hoki putri Unimed Tahun 2012.



## ABSTRACTION

**ASWAR, ZUHRI, NIM 07126622177 Difference of Influence Medicine Ball Two Hand Side Throw With Practice Horizontal Swing to increasing of Power Result and Arm Muscle of Ability of Push in Hockey at Atlet Female Unimed year 2012.**

**( Counsellor Lecturer : NONO HARDINOTO ). SKRIPSI : FIK UNIMED 2012.**

hockey is athletic beregu which require cooperation elements between team, to reach advantage from masing is individual as team member, because hockey is athletics played by 11 people, what played by stick as a means of play.

This research aim to know practice what is more have an effect on between practices medicine ball two hand eunuchs throw and practices horizontal to power results and arms muscles of ability of push at atlet hockeys females Unimed year 2012. Research method which applied in this research is method experiment. With execution of practice that is medicine ball two hand eunuch throw and practice horizontal swing.

Population is atlet hockey putri amounting to 18 people. Amount of samples of 14 people obtained with technique in Purposive random sampling. hereinafter divided to become two group with technique in Matching Pairing that is group of practice medicine ball two hand eunuch throw and group of horizontal swing. Research instrument for data collecting with measurement and test is Medicine ball chest throw for power stop watch test and arm muscle for result of ability of push. Research is executed during 18 x meeting with practice of 3 ( three) times; rill within a week. For seeing influence each independent variable and also tied applied calculation test - t berpasangan and tested - t is not berpasangan .

Analysis hipotes I from data pre-test and data posttest power arm muscle of group of practice medicine ball two hand eunuch throw obtained by t calculate equal to 11,11 and also t tables of 2,45 by = 0,05 ( t calculate > t is table ) mean  $H_0$  is refused and  $H_a$  is received. With conclusion, practice medicine ball two hand eunuch throw in signifikan have an effect on to increasing of power arm muscle at atlet hockey famale Unimed year 2012.

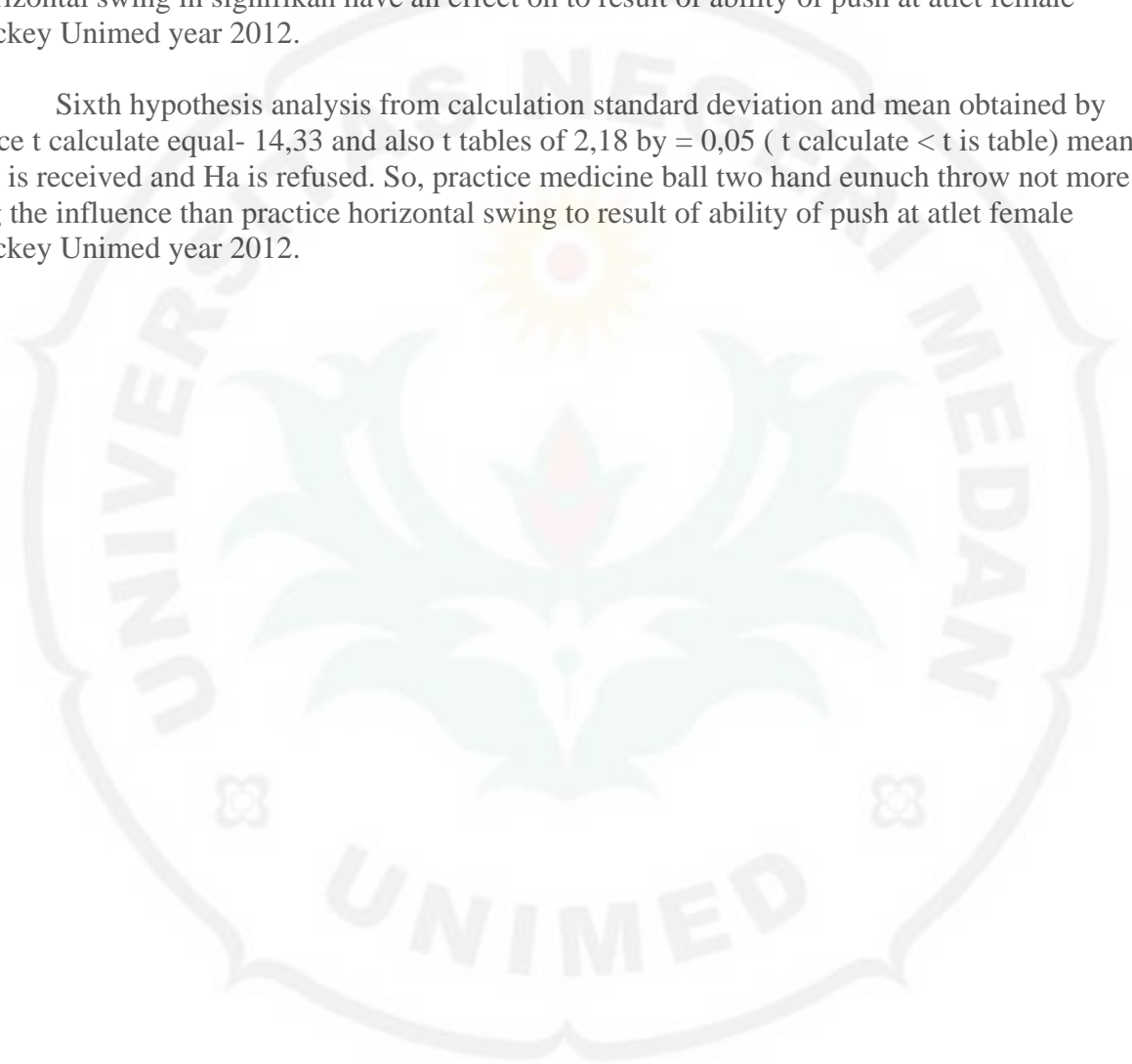
Hypothesis analysis II from data pre-test and data posttest group of horizontal swing there are power arm muscle obtained by t calculate equal to 7,75 and also t tables of equal to 2,45 by = 0,05 ( t calculate > t is table ) mean  $H_0$  refused by  $H_a$  received. So, practice horizontal swing signifikan have an effect on to increasing of power arm muscle at atlet female hockey Unimed year 2012.

Third hypothesis analysis from standard deviation and mean obtained by t calculate equal to 0 and also t tables of 2,18 by = 0,05 ( t calculate < t is table ) mean  $H_0$  is received and  $H_a$  is refused. So, practice medicine ball two hand eunuch throw not more big the influence than practice horizontal swing to increasing of power arm muscle at atlet female hockey Unimed year 2012.

Fourth hypothesis analysis from data pre-test and data posttest ability of push group of practice medicine ball two hand eunuch throw obtained by t calculate equal to 7,14 and also t tables of 2,45 by = 0,05 ( t calculate > t is table ) mean  $H_0$  is refused and  $H_a$  is received. With conclusion, practice medicine ball two hand eunuch throw in signifikan have an effect on to result of ability of push at atlet female hockey Unimed year 2012.

Fifth hypothesis analysis from data pre-test and data posttest keemampuan push group of practice horizontal swing obtained by t calculate equal to 3,25 and also t tables of 2,45 by = 0,05 ( t calculate > t is table ) mean Ho is refused and Ha is received. So, practice horizontal swing in signifikan have an effect on to result of ability of push at atlet female hockey Unimed year 2012.

Sixth hypothesis analysis from calculation standard deviation and mean obtained by price t calculate equal- 14,33 and also t tables of 2,18 by = 0,05 ( t calculate < t is table) mean Ho is received and Ha is refused. So, practice medicine ball two hand eunuch throw not more big the influence than practice horizontal swing to result of ability of push at atlet female hockey Unimed year 2012.



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