

ABSTRAK

ABRAM HAGANTA BUKIT. NPM: 2015030025. “Pengaruh Metode Latihan Hurdle Hops Terhadap Daya Ledak Otot Tungkai Atlet Wushu Sanda Karo Simalem Fighter”.

Penelitian ini merupakan penelitian kuantitatif dengan menggunakan *pre-experimental design* dengan rancangan “*one group pretest-posttest design*”. Penelitian ini dilatarbelakangi oleh hasil observasi pada saat proses latihan yaitu kurangnya daya ledak otot tungkai yang dibuktikan dari tes kekuatan otot tungkai dengan metode *vertical jump*. Akibat kurangnya daya ledak otot tungkai berefek pada lemahnya tendangan pada atlet wushu sanda karo simalem fighter di kabupaten karo. Lemahnya tendangan atlet wushu sanda ketika dalam pertandingan menyebabkan tendangan dapat di tangkis atau ditangkap dan atlet dengan mudah dijatuhkan pada saat bertanding.

Penelitian ini bertujuan untuk meningkatkan daya ledak otot tungkai atlet wushu sanda karo simalem fighter serta menambah wawasan bagi para atlet, pelatih dan peneliti yang nantinya akan di diterapkan bagi para atlet cabang olahraga lainnya.

Kesimpulan dari penelitian ini adalah sebagai berikut (1) Pengaruh Metode Latihan Hurdle Hops Terhadap Daya Ledak Otot Tungkai Atlet Wushu Sanda Karo Simalem Fighter diuji melalui empat kali uji yaitu uji reliabilitas, uji normalitas, uji homogenitas, dan uji hipotesis. Hasil uji reliabilitas pretest sebesar 0.950 dan lebih besar dari 0.6 dan nilai posttest sebesar 0.986 dan lebih besar dari 0.6. Hasil uji normalitas sebesar $0.975 > 0.05$. Hasil uji homogenitas diperoleh sebesar $0,80 > 0,05$. Dan hasil uji hipotesis sebesar nilai t_{hitung} diperoleh sebesar 9.923 dimana nilai t_{tabel} sebesar 2.364 maka nilai dari $t_{hitung} 9.923 > t_{tabel} 2.364$ yang berarti H_a diterima dan H_0 ditolak. Hasil tersebut diartikan bahwa ada pengaruh Metode Latihan *Hurdle Hops* terhadap Daya Ledak Otot Tungkai Pada Atlet Wushu Sanda Karo Simalem Fighter.

Kata Kunci: Latihan Hurdle Hops, Daya Ledak Otot Tungkai, Wushu Sanda

QUALITY
BERASTAGI

ABSTRACT

ABRAM HAGANTA BUKIT. NPM: 2015030025. "The Effect of the Hurdle Hops Training Method on the Limb Muscle Explosive Power of Wushu Sanda Karo Simalem Fighter Athletes".

This research is a quantitative research using *pre-experimental design* with the design of "*one group pretest-posttest design*". This research was motivated by the results of observations during the training process, namely the lack of explosive power of leg muscles as evidenced by the leg muscle strength test with the *vertical jump method*. Due to the lack of explosive power of the leg muscles, it has an effect on the weak kick in wushu sanda karo simalem fighter athletes in karo regency. The weak kick of wushu sanda athletes during matches causes kicks to be blocked or caught and athletes are easily dropped during competition.

This study aims to increase the explosive power of the leg muscles of wushu sanda athletes with simalem fighter and add insight for athletes, coaches and researchers which will later be applied to athletes in other sports.

The conclusions of this study are as follows: (1) The Effect of the Hurdle Hops Training Method on the Explosive Power of the Limb Muscles of Wushu Sanda Karo Simalem Fighter Athletes was tested through four tests, namely reliability tests, normality tests, homogeneity tests, and hypothesis tests. The pretest reliability test result is 0.950 and greater than 0.6 and the posttest value is 0.986 and greater than 0.6. The normality test result is $0.975 > 0.05$. The homogeneity test results were obtained at $0.80 > 0.05$. And the results of the hypothesis test amounting to the calculated value were obtained at 9,923 where the ttable value was 2,364, then the value of the tcount was $9,923 > ttable$ was 2,364 which means H_a was accepted and H_0 was rejected. These results mean that there is an influence of the *Hurdle Hops Training Method* on the explosive power of leg muscles in Wushu Sanda Karo Simalem Fighter athletes.

Keywords: Hurdle Hops Exercise, Limb Muscle Explosive Power, Sanda Wush



QUALITY
BERASTAGI