

ABSTRAK

Erik Irawan. *Pengaruh Latihan Depth Jump Terhadap Kekuatan Otot Tungkai Pada Pemain Bolavoli Karang Taruna Desa Kasihan.* Skripsi. Pacitan: STKIP PGRI Pacitan, 2023.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *depth jump* terhadap peningkatan kekuatan otot tungkai pada pemain Bolavoli karang taruna Desa Kasihan.

Metode penelitian ini menggunakan *quasi experimental design* (eksperimen semu). Dengan desain penelitian *two group pretest-posttest design*. Subjek penelitian ini dilakukan pada pemain Bolavoli karang taruna desa Kasihan. Instrumen pengambilan data yaitu tes *vertical jump*. Populasi dalam penelitian ini adalah pemain Bolavoli karang taruna desa Kasihan dengan jumlah 24 orang pemain. Sampel dari penelitian ini berjumlah 12 orang pemain. Perlakuan *treatment* dilakukan sebanyak 12 kali pertemuan. Tes pengambilan pengukuran *pretest* dan *posttest*. Teknik analisis data menggunakan Uji T. Teknik analisis data menggunakan program bantuan SPSS *versi 16 for windows*.

Hasil analisis data dari hasil hipotesis. Yaitu nilai $t_{hitung} (9.000) > t_{tabel} 2.064$ untuk data responden sebanyak 24, berjumlah 2 variabel dan tingkat signifikan yang digunakan 5%. Hasil penelitian menunjukkan bahwa sebelum perlakuan menggunakan latihan *depth jump* rata-rata nilai *pretest* peningkatan *vertical jump* pada pemain Bolavoli karang taruna desa Kasihan adalah 256.21. Setelah mendapatkan treatment latihan *depth jump* nilai *post-test* peningkatan *vertical jump* pada pemain Bolavoli karang taruna desa Kasihan adalah 258.00. Tes tersebut menunjukkan terjadinya peningkatan nilai *pretest* dan *post-test* sebesar 1,79. Sehingga dapat disimpulkan bahwa ada pengaruh latihan *depth jump* terhadap kekuatan otot tungkai pada pemain Bolavoli karang taruna desa Kasihan.

Kata kunci: Bolavoli, *plyometric depth jump*.

ABSTRACT

Erik Irawan. *Effect of Depth Jump Exercise on Leg Muscle Strength in Volleyball Players from Karang Taruna Kasihan Village. Thesis. Pacitan: STKIP PGRI Pacitan, 2023.*

This study aims to determine the effect of depth jump training in increasing leg muscle strength in youth volleyball players of Kasihan Village.

This research method used a quasi-experimental design (pseudo-experiment). They were two group research design, namely pretest and posttest design. The subject of this research was carried out on volleyball players from Kasihan village of youth group. The data collection instrument was vertical jump test. The population this study were youth volleyball players of Kasihan village with a total of 24 players. The sample from this research were 12 players. The treatment was carried out in 12 meetings. Pretest and posttest measurement taking test. The data analysis technique used the T test. The data analysis technique was the SPSS version 16 for Windows assistance program.

The results of data analysis showed that the value of $T_{count} (9,000) > T_{table} 2,064$ for 24 respondent data with totaling 2 variables and the significance level was 5%. The results can be concluded that before the treatment using depth jump exercises, the average pretest value of increasing vertical jump of volleyball players in Kasihan Village Youth Organization was 256.21. While, after getting the depth jump training treatment the post-test value in vertical jump of youth volleyball players in Kasihan village was 258.00. The test showed an increase in pretest and post-test scores with 1.79. So it can be concluded that there was an effect of depth jump training on leg muscle strength in youth youth volleyball players in Kasihan village.

Keywords: *Volleyball, plyometric depth jump.*