

ABSTRAK

Dicha Vianggun Rahayu. PENGARUH LATIHAN *PLYOMETRIC HURDLE JUMP* TERHADAP *POWER* TUNGKAI ATLET BOLA VOLI REMAJA IVOP PACITAN. Skripsi. Pacitan: STKIP PGRI Pacitan, 2024

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric hurdle jump* terhadap kemampuan *power* tungkai yang mempengaruhi kualitas jumping smash atlet tim bolavoli kategori remaja IVOP Pacitan.

Metode penelitian yang digunakan yaitu metode penelitian *true experimental design*. Dengan desain penelitian yang digunakan dalam penelitian ini adalah “*pretest – posttest control group design*”. Subjek penelitian ini dilakukan pada atlet bola voli remaja IVOP Pacitan. Instrument penelitian yaitu Tes *Vertical Jump*. Sampel penelitian ini yaitu atlet bola voli remaja IVOP Pacitan yang berjumlah 14 atlet. Perlakuan treatment dilakukan sebanyak 14 kali pertemuan. Tes pengambilan pengukuran *pretest* dan *posttest*. Teknik analisis data menggunakan Uji T. Teknik analisis data menggunakan bantuan program SPSS.

Hasil analisis data menyimpulkan bahwa t hitung 1,092 dan t tabel $df = 4$ sebesar 2,132, sedangkan nilai signifikansi p sebesar 0,296. Oleh karena t hitung = 1,092 > t tabel = 2,132 dan nilai signifikansi p sebesar 0,296 < 0,05. Artinya latihan *plyometric hurdle jump* kelompok eksperimen lebih efektif daripada kelompok kontrol terhadap kemampuan *power* tungkai yang mempengaruhi kualitas jumping smash atlet tim bola voli remaja putra IVOP Pacitan. Sehingga dapat disimpulkan bahwa ada pengaruh latihan *plyometric hurdle jump* terhadap kemampuan *power* tungkai yang mempengaruhi kualitas jumping smash atlet tim bola voli remaja putra IVOP Pacitan.

Kata kunci: *plyometric*, *power*, bola voli

ABSTRACT

Dicha Vianggun Rahayu. *THE EFFECT OF PLYOMETRIC HURDLE JUMP EXERCISES ON LIMB POWER OF YOUTH VOLLEYBALL ATHLETES IVOP PACITAN.* Thesis. Pacitan: STKIP PGRI Pacitan, 2024.

This study aims to determine the effect of plyometric hurdle jump training on leg power abilities that influence the quality of jumping smashes in athletes from the IVOP Pacitan youth category volleyball team.

The research method used is the true-experimental research design. The research design used in this research is a pre-test - post-test control group design. The subjects of this research were youth volleyball athletes at IVOP Pacitan. The research instrument is the Vertical Jump Test. The sample for this research was IVOP Pacitan youth volleyball athletes, totaling 14 athletes. The treatment was carried out 14 times. Pre-test and post-test measurement taking the test. The data analysis technique uses the T-test. The data analysis technique uses the SPSS assistance program.

The results of data analysis concluded that the t count was 1.092 and the t table $df = 4$ was 2.132, while the significance value of p was 0.296. Therefore, $t = 1.092 > t$ table = 2.132, and the significance value of p is $0.296 < 0.05$. It means the experimental group's plyometric hurdle jump training was more effective than the control group's leg power abilities, influencing the quality of jumping smashes of IVOP Pacitan men's youth volleyball team athletes. So, the conclusion is that plyometric hurdle jumps training influences leg power abilities, influencing the quality of jumping smashes of IVOP Pacitan men's youth volleyball team athletes.

Keywords: *plyometric, power, volleyball*