

ABSTRAK

Sumadita, I Wayan (2022), Pengaruh Pelatihan *Plyometric Stair Jump* dan *Reaction Box Jump* terhadap Daya Ledak Otot Tungkai dan Frekuensi Tendangan Lurus Depan Atlet Pencak Silat SMI Bali.

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Penelitian ini bertujuan untuk membuktikan perbedaan pengaruh peningkatan daya ledak otot tungkai dan frekuensi tendangan lurus depan antara atlet yang mengikuti pelatihan *plyometric stair jump* dengan atlet yang mengikuti pelatihan *reaction box jump* pada atlet pencak silat SMI Bali. Jenis penelitian yang digunakan adalah penelitian eksperimen semu (*quasi experimental*) dengan rancangan *the modified non randomized control group pretest-posttest design*. Subjek yang digunakan dalam penelitian ini berjumlah 45 atlet. Instrumen yang digunakan untuk mengumpulkan data adalah tes *standing broad jump* dan tes frekuensi tendangan lurus depan selama 10 detik secepat-cepatnya dan sebanyak -banyaknya. Teknik analisis data menggunakan MANOVA satu jalur pada taraf signifikansi 0,05 untuk hipotesis pertama sedangkan hipotesis kedua dan ketiga menggunakan uji ANAVA satu jalur pada taraf signifikansi 0,05.

Berdasarkan hasil analisis data di peroleh bahwa: (1) Peningkatan daya ledak otot tungkai dan frekuensi tendangan lurus depan, atlet yang mengikuti pelatihan *plyometric stair jump* lebih baik daripada atlet yang mengikuti pelatihan *reaction box jump* pada atlet pencak silat SMI Bali ($p=0,000$). (2) Peningkatan daya ledak otot tungkai, atlet yang mengikuti pelatihan *plyometric stair jump* lebih baik daripada atlet yang mengikuti pelatihan *reaction box jump* pada atlet pencak silat SMI Bali ($p=0,000$). (3) Peningkatan frekuensi tendangan lurus depan, atlet yang mengikuti pelatihan *plyometric stair jump* lebih baik daripada atlet yang mengikuti pelatihan *reaction box jump* pada atlet pencak silat SMI Bali ($p=0,000$).

Dapat disarankan kepada pelatih/pembina olahraga menggunakan pelatihan *plyometric stair jump* dan *reaction box jump* menjadi salah satu alternatif untuk meningkatkan daya ledak otot tungkai dan frekuensi tendangan lurus depan pada atlet pencak silat.

Kata kunci: Pelatihan, *Plyometric Stair Jump*, *Reaction Box Jump*, Daya Ledak Otot Tungkai, dan Tendangan Lurus Depan

ABSTRACT

Sumadita, I Wayan (2022), The Influence of the Plyometric Stair Jump and Reaction Box Jump Training to the Muscular Leg Power and The Frequency of Straight Kick to the Pencak Silat Athlete of SMI Bali.

Thesis, Physical Education, Magister Programme of Pendidikan Ganesha University. This Thesis has been approved and examined by the 1st Counsellor: Dr. I Ketut Sudiana, S. Pd., M. Kes and the 2nd Counsellor: Dr. I Ketut Iwan Swadesi, S. Pd., M.Or.

This research purposed to prove the difference of the influence of the enhancement of Muscular Leg Power and the Frequency of the Straight Kick between the Athlete that applied the Plyometric Stair Jump Training and the athlete that applied the Reaction Box Jump Training of Pencak Silat Athlete of SMI Bali. The type of research that had been used was quasi experimental with the modified non randomized control group pretest-posttest design. The Subject that had been involved in this research were 45 athletes. The instrument that had been used to gain the data was through Standing Broad Jump Test and the Straight Kick 10 seconds on the row as fast as it possible and as much as it could. The Technique of the data analysis was MANOVA one line to the significance condition of 0.05 for the 1st hypothesis while the 2nd and the 3rd were using ANAVA one line to the significance condition of 0.05.

Based on the analysis result of data, it was gained that (1) The enhancement of the Muscular Leg Power and the Frequency of Straight Kick, of the Athlete that through the Plyometric Stair Jump Training was better than the athlete that through the Reaction Box Jump Training of Pencak Silat Athlete of SMI Bali ($p=0.000$). (2) The enhancement of Muscular Leg Power, for the athlete that joined the Plyometric Stair Jump Training was better than the athlete that joined the Reaction Box Jump Training of the Pencak Silat Athlete of SMI Bali ($p=0.000$). (3) The enhancement of the Frequency of Straight Kick, the athlete that joined the Plyometric Stair Jump Training was better than the athlete that joined the Reaction Box Jump Training of the Pencak Silat Athlete of SMI Bali ($p=0.000$).

It can be recommended to the trainer or coach of sport to apply the Plyometric Stair Jump and Reaction Box Jump Training to be one of the alternative to enhance the Muscular Leg Power and the Frequency of Straight Kick to the Pencak Silat Athlete.

The key words; Training, Plyometric Stair Jump, Reaction Box Jump, Muscular Leg Power and Straight Kick.