

PENGARUH PELATIHAN *PLYOMETRIC SQUAT JUMP* DAN *KNEE TUCK JUMP* TERHADAP DAYA LEDAK OTOT TUNGKAI PADA EKSTRAKURIKULER BOLA VOLI SMP NEGERI 1 BEBANDEM

Oleh

I Komang Budiarta, NIM 2016021005

Jurusan Ilmu Olahraga dan Kesehatan

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan pengaruh pelatihan *plyometric squat jump* dan *knee tuck jump* terhadap daya ledak otot tungkai pada ekstrakurikuler bola voli SMP Negeri 1 Bebandem. Penelitian ini merupakan penelitian ini adalah penelitian eksperimen semu dengan rancangan *Pretest Posttest Non-Control Group Design*. Subjek dalam penelitian ini adalah siswa peserta ekstrakurikuler bola voli di SMP Negeri 1 Bebandem sebanyak 40 orang. Data dianalisis menggunakan Uji-t dengan bantuan *SPSS 27.0 For Windows*. Pada kelompok eksperimen I nilai pre-test diperoleh dengan rata-rata nilai 36,25, dan nilai *post-test* 47,60. Sedangkan *pre-test* eksperimen II diperoleh dengan rata-rata nilai 36,75, dan nilai *posttest* eksperimen II diperoleh dengan nilai rata-rata 41,25. Berdasarkan hasil analisis data dan pembahasan, dapat disimpulkan bahwa, pelatihan *squat jump* berpengaruh terhadap daya ledak otot tungkai dengan t hitung 28.434, pelatihan *knee tuck jump* berpengaruh terhadap power otot tungkai dengan t hitung 12,283 dan pelatihan *squat jump* lebih meningkat dibandingkan dengan pelatihan *knee tuck jump*. Disarankan untuk pelatih ekstrakurikuler bola voli agar dapat menerapkan pelatihan *squat jump* dan *knee tuck jump* untuk meningkatkan kemampuan daya ledak otot tungkai.

Kata kunci: Pelatihan *squat jump*, *knee tuck jump*, daya ledak otot tungkai.

**THE EFFECT OF PLYOMETRIC SQUAT JUMP AND KNEE TUCK JUMP
TRAINING ON LEG MUSCLE EXPLOSIVE POWER IN
EXTRACURRICULAR VOLLEYBALL STUDY
AT SMP NEGERI 1 BEBANDEM**

By

I Komang Budiarta, NIM 2016021005

Department of Sports and Health Sciences

ABSTRACT

This study aims to determine the effect of training plyometric squat jump and knee tuck jump training on muscle explosive power in volleyball extracurricular activities at SMP Negeri 1 Bebandem. This study is a quasi-experimental study with a Pretest Posttest Non-Control Group Design. The subjects in this study were 40 students participating in volleyball extracurricular activities at SMP Negeri 1 Bebandem. Data were analyzed using the t-test with the help of SPSS 27.0 For Windows. In the experimental group 1, the pre-test score was obtained with an average score of 36.25, and the post-test score was 47.60. While the pre-test of experiment II was obtained with an average score of 36.75, and the post-test score of experiment II was obtained with an average score of 41.25. Based on the results of data analysis and discussion, it can be concluded that, squat jump training has an effect on the explosive power of the spastic muscles with a t count of 28.434, knee tuck jump training has an effect on the power of the neck muscles with a t count of 12.283 and squat jump training is more increased compared to knee tuck jump training. It is recommended for volleyball extracurricular coaches to apply squat jump and knee tuck jump training to improve the explosive power of the insurance muscles.

Keywords: *Squat jump exercise, knee jump, chest muscle explosive power.*