

PENGARUH *SPLIT SQUAT JUMP*
DAN *LUNGES BODYWEIGHT TRAINING* TERHADAP KEKUATAN
OTOT TUNGKAI *KENSHI SHORINJI KEMPO*
DI KABUPATEN BULELENG

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ABSTRAK

Penelitian ini bertujuan untuk menguji pengaruh dua bentuk latihan, yaitu *Split Squat Jump* sebagai bentuk latihan kelompok kontrol dan *Lunges Bodyweight Training* untuk bentuk latihan, terhadap peningkatan kekuatan otot tungkai *kenshi Shorinji Kempo* di Kabupaten Buleleng. Metode penelitian yang digunakan adalah kuantitatif dengan desain eksperimen semu (*quasi-experimental*) tipe *two groups pretest-posttest design*. Sampel penelitian berjumlah 30 *kenshi* (usia 15-18 tahun) yang terdiri dari kelompok kontrol dan kelompok eksperimen masing-masing 15 orang menggunakan teknik *Matched Subject Ordinal Pairing (MSOP)*. Instrumen pengukuran kekuatan otot tungkai menggunakan alat *Leg Dynamometer*. Program latihan dilaksanakan dengan frekuensi 3 kali seminggu selama 8 minggu (24 pertemuan). Analisis data dilakukan menggunakan uji *Paired Sample T-Test* dan *Independent Sample T-Test* melalui perangkat lunak SPSS. Hasil penelitian menunjukkan bahwa: (1) Latihan *Split Squat Jump* berpengaruh signifikan terhadap peningkatan kekuatan otot tungkai dengan peningkatan rata-rata sebesar 5,4 kg (Sig. 0,001 < 0,05); (2) Latihan *Lunges Bodyweight Training* berpengaruh signifikan terhadap peningkatan kekuatan otot tungkai dengan peningkatan rata-rata sebesar 5,6 kg (Sig. 0,001 < 0,05); (3) Tidak terdapat perbedaan pengaruh yang signifikan antara hasil kelompok kontrol dan kelompok eksperimen terhadap kekuatan otot tungkai. Simpulannya, kedua bentuk latihan *bodyweight* ini sama-sama efektif dan dapat diimplementasikan oleh pelatih sebagai solusi latihan kekuatan yang ekonomis dan relevan dengan kondisi fasilitas di setiap dojo untuk meningkatkan performa fisik atlet.

Kata Kunci: *Shorinji Kempo, Kekuatan Otot Tungkai, Split Squat Jump, Lunges Bodyweight Training.*

***THE EFFECT OF SPLIT SQUAT JUMP
AND LUNGES BODYWEIGHT TRAINING
ON THE LEG MUSCLE STRENGTH OF SHORINJI KEMPO KENSHI
IN BULELENG REGENCY***

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ABSTRACT

*This study aimed to examine the effects of two training methods, namely Split Squat Jump and Bodyweight Lunges Training, on improving lower limb muscle strength among Shorinji Kempo kenshi in Buleleng Regency. This research employed a quantitative approach using a quasi-experimental method with a two-group pretest–posttest design. The sample consisted of 30 kenshi aged 15–18 years, divided equally into a control group and an experimental group, with 15 participants in each group selected using the Matched Subject Ordinal Pairing (MSOP) technique. Lower limb muscle strength was measured using a Leg Dynamometer. The training program was conducted three times per week for eight weeks, totaling 24 training sessions. Data were analyzed using the Paired Samples *t*-test and the Independent Samples *t*-test with SPSS software. The results showed that: (1) Split Squat Jump training significantly improved lower limb muscle strength, with a mean increase of 5.4 kg ($p = 0.001 < 0.05$); (2) Bodyweight Lunges Training also significantly improved lower limb muscle strength, with a mean increase of 5.6 kg ($p = 0.001 < 0.05$); and (3) there was no statistically significant difference in the effects of the two training methods on lower limb muscle strength between the control and experimental groups. In conclusion, both bodyweight training methods were equally effective in enhancing lower limb muscle strength and can be implemented by coaches as practical, cost-effective, and facility-independent training alternatives to improve the physical performance of Shorinji Kempo athletes.*

Keywords: *Shorinji Kempo, lower limb muscle strength, Split Squat Jump, Bodyweight Lunges Training.*