

ABSTRAK

Astawa, I Nyoman Putra (2026), Pengaruh Pelatihan *Resistance Band* Terhadap Kelincahan, Kekuatan, dan Daya Ledak Otot Tungkai Pada Ekstrakurikuler Futsal Siswa SMA Negeri 1 Kuta Utara. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata Kunci: resistance band, kelincahan, kekuatan otot tungkai, daya ledak otot tungkai, futsal, quasi experiment, total sampling.

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan resistance band terhadap kelincahan, kekuatan otot tungkai, dan daya ledak otot tungkai siswa ekstrakurikuler futsal SMA Negeri 1 Kuta Utara. Penelitian menggunakan metode kuantitatif dengan desain quasi experimental pretest-posttest control group design. Sampel penelitian berjumlah 30 siswa yang dipilih melalui teknik total sampling dan dibagi menjadi kelompok eksperimen dan kontrol masing-masing 15 siswa. Kelompok eksperimen diberikan latihan resistance band selama enam minggu, sedangkan kelompok kontrol mengikuti latihan futsal biasa. Instrumen penelitian meliputi shuttle run test, leg dynamometer, dan vertical jump test. Data dianalisis menggunakan paired sample t-test dengan bantuan SPSS versi 16. Hasil penelitian menunjukkan bahwa kelompok eksperimen mengalami peningkatan lebih besar dibandingkan kelompok kontrol pada variabel kelincahan, kekuatan otot tungkai, dan daya ledak otot tungkai. Pelatihan resistance band berpengaruh signifikan terhadap peningkatan kelincahan ($t = 8,419$; sig. $0,000 < 0,05$), kekuatan otot tungkai ($t = -8,723$; sig. $0,000 < 0,05$), dan daya ledak otot tungkai ($t = -9,057$; sig. $0,000 < 0,05$). Dengan demikian, pelatihan resistance band efektif meningkatkan kemampuan fisik siswa ekstrakurikuler futsal SMA Negeri 1 Kuta Utara.

ABSTRACT

Astawa, I Nyoman Putra (2026), The Effect of Resistance Band Training on Agility, Leg Muscle Strength, and Leg Muscle Explosive Power in Futsal Extracurricular Students at SMA Negeri 1 Kuta Utara. Thesis, Sports Education, Graduate Program, Universitas Pendidikan Ganesha.

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Keywords: *resistance band, agility, leg muscle strength, leg muscle explosive power, futsal, quasi-experiment, total sampling.*

This study aimed to determine the effect of resistance band training on agility, leg muscle strength, and leg muscle explosive power among futsal extracurricular students at SMA Negeri 1 Kuta Utara. This research used a quantitative method with a quasi-experimental pretest-posttest control group design. The sample consisted of 30 students selected through total sampling and divided into an experimental group and a control group, each consisting of 15 students. The experimental group received resistance band training for six weeks, while the control group followed regular futsal training. The research instruments included the shuttle run test, leg dynamometer test, and vertical jump test. Data were analyzed using a paired sample t-test with the assistance of SPSS version 16. The results showed that the experimental group experienced greater improvements than the control group in agility, leg muscle strength, and leg muscle explosive power. Resistance band training had a significant effect on improving agility ($t = 8.419$; sig. $0.000 < 0.05$), leg muscle strength ($t = -8.723$; sig. $0.000 < 0.05$), and leg muscle explosive power ($t = -9.057$; sig. $0.000 < 0.05$). Therefore, resistance band training is effective in improving the physical abilities of futsal extracurricular students at SMA Negeri 1 Kuta Utara..