

ABSTRAK

Mulyana, I Wayan Edi. 2026. "Pengaruh Pelatihan *Hurdle Drill* dan *Dot Drill* terhadap Kelincahan dan Kekuatan Otot Tungkai pada Peserta Didik Ekstrakurikuler Atletik SMP" Tesis, Program Studi Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata kunci: *Hurdle Drill*, *Dot Drill*, kelincahan, kekuatan otot tungkai, ekstrakurikuler atletik.

Penelitian ini di latar belakang oleh pentingnya peningkatan kelincahan dan kekuatan otot tungkai sebagai komponen kondisi fisik yang mendukung keberhasilan peserta didik dalam kegiatan ekstrakurikuler atletik. Penelitian ini bertujuan menganalisis pengaruh pelatihan *Hurdle Drill* dan *Dot Drill* terhadap kelincahan dan kekuatan otot tungkai peserta didik. Penelitian menggunakan metode eksperimen murni (*true experimental design*) dengan rancangan *Modified Non-Randomized Control Group Pretest-Posttest Design*. Subjek penelitian berjumlah 45 peserta didik yang dibagi ke dalam tiga kelompok, yaitu kelompok *Hurdle Drill*, kelompok *Dot Drill*, dan kelompok kontrol, masing-masing terdiri atas 15 peserta didik. Data dikumpulkan menggunakan tes *Shuttle Run 4 × 10* meter untuk mengukur kelincahan dan *Leg Dynamometer* untuk mengukur kekuatan otot tungkai. Analisis data meliputi statistik deskriptif, uji normalitas, uji homogenitas, uji *One Way ANOVA*, uji lanjut *Least Significant Difference* (LSD), dan *Multivariate Analysis of Variance* (MANOVA). Hasil penelitian menunjukkan bahwa pelatihan *Dot Drill* lebih efektif meningkatkan kelincahan dengan rata-rata *gain score* sebesar 3,08 detik dibandingkan *Hurdle Drill* sebesar 1,55 detik. Sebaliknya, pelatihan *Hurdle Drill* lebih efektif meningkatkan kekuatan otot tungkai dengan rata-rata *gain score* sebesar 18,07 dibandingkan *Dot Drill* sebesar 11,67. Uji ANOVA menunjukkan perbedaan yang signifikan pada kelincahan ($F = 40,503$; $p < 0,001$) dan kekuatan otot tungkai ($F = 6,942$; $p = 0,002$). Hasil MANOVA juga menunjukkan bahwa metode pelatihan berpengaruh signifikan terhadap kedua variabel secara simultan. Disimpulkan bahwa *Dot Drill* lebih efektif meningkatkan kelincahan, sedangkan *Hurdle Drill* lebih efektif meningkatkan kekuatan otot tungkai peserta didik ekstrakurikuler atletik SMP.

ABSTRACT

Mulyana, I Wayan Edi. 2026. " *The Effect of Hurdle Drill and Dot Drill Training on Agility and Lower Limb Muscle Strength of Junior High School Students Participating in Athletics Extracurricular Activities*" Thesis, Master's Program in Sports Education, Graduate Program, Ganesha University of Education.

This thesis has been examined and approved by Supervisor I: Prof. Dr. I Wayan Artanayasa, S.Pd., M.Pd., AIFO-FIT., and Supervisor II: Prof. Dr. I Made Sugiarta, M.Si.

Keywords: Hurdle Drill, Dot Drill, agility, leg muscle strength, athletics extracurricular.

This study was motivated by the importance of improving agility and leg muscle strength as essential components of physical fitness that support students' success in extracurricular athletics activities. The study aimed to analyze the effects of Hurdle Drill and Dot Drill training on students' agility and leg muscle strength. The research employed a true experimental design using a Modified Non-Randomized Control Group Pretest–Posttest Design. The participants consisted of 45 students who were divided into three groups: the Hurdle Drill group, the Dot Drill group, and the control group, with 15 participants in each group. Data were collected using the 4 × 10-meter Shuttle Run test to measure agility and a Leg Dynamometer to measure leg muscle strength. Data analysis included descriptive statistics, normality tests, homogeneity tests, One-Way Analysis of Variance (ANOVA), the Least Significant Difference (LSD) post hoc test, and Multivariate Analysis of Variance (MANOVA). The results showed that Dot Drill training was more effective in improving agility, with a mean gain score of 3.08 seconds, compared with 1.55 seconds for Hurdle Drill training. Conversely, Hurdle Drill training was more effective in improving leg muscle strength, with a mean gain score of 18.07, compared with 11.67 for Dot Drill training. The ANOVA results indicated significant differences in agility ($F = 40.503$, $p < .001$) and leg muscle strength ($F = 6.942$, $p = .002$). Furthermore, the MANOVA results demonstrated that the training methods had a significant simultaneous effect on both dependent variables. It can be concluded that Dot Drill training is more effective in improving agility, whereas Hurdle Drill training is more effective in enhancing the leg muscle strength of junior high school students participating in extracurricular athletics.