

ABSTRAK

I Kadek Junaedi Putra. 2026. Pengaruh Latihan *Plyometric* dan Latihan *Resistance Band* Terhadap Daya Ledak dan Kelincahan Siswa Ekstrakurikuler Pencak Silat SMP Negeri 1 Rendang. Tesis. Singaraja: Program Studi Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

Penelitian ini bertujuan untuk menganalisis: (1) pengaruh latihan *plyometric* terhadap daya ledak otot tungkai; (2) pengaruh latihan *plyometric* terhadap kelincahan; (3) pengaruh latihan *resistance band* terhadap daya ledak; (4) pengaruh latihan *resistance band* terhadap kelincahan; (5) perbedaan pengaruh latihan *plyometric* dan *resistance band* terhadap daya ledak; dan (6) perbedaan pengaruh latihan *plyometric* dan *resistance band* terhadap kelincahan siswa ekstrakurikuler pencak silat SMP Negeri 1 Rendang.

Penelitian ini merupakan penelitian eksperimen semu (*quasi experimental design*) dengan rancangan *two group pretest-posttest design*. Penelitian dilaksanakan di SMP Negeri 1 Rendang. Subjek penelitian berjumlah 34 siswa ekstrakurikuler pencak silat yang dibagi ke dalam dua kelompok perlakuan menggunakan teknik *stratified randomization* berdasarkan jenis kelamin, yaitu kelompok latihan *plyometric* sebanyak 17 siswa dan kelompok latihan *resistance band* sebanyak 17 siswa. Data dikumpulkan melalui metode tes dan pengukuran. Daya ledak otot tungkai diukur menggunakan *Standing Broad Jump Test*, sedangkan kelincahan diukur menggunakan *Illinois Agility Test*. Instrumen yang digunakan memiliki validitas dan reliabilitas yang baik berdasarkan standar pengukuran kebugaran jasmani. Data dianalisis menggunakan statistik deskriptif dan statistik inferensial melalui uji normalitas, uji homogenitas, *Paired Sample t-test*, *Independent Sample t-test*, *wilcoxon signed rank test*, dan *mann-whitney u test* pada taraf signifikansi 0,05.

Hasil penelitian menunjukkan bahwa latihan *plyometric* dan latihan *resistance band* berpengaruh signifikan terhadap peningkatan daya ledak dan kelincahan siswa ekstrakurikuler pencak silat SMP Negeri 1 Rendang. Selain itu, terdapat perbedaan pengaruh yang signifikan antara kedua metode latihan terhadap daya ledak dan kelincahan, di mana latihan *plyometric* memberikan peningkatan yang lebih besar dibandingkan latihan *resistance band*. Simpulan penelitian ini adalah latihan *plyometric* dan latihan *resistance band* efektif digunakan untuk meningkatkan daya ledak dan kelincahan siswa ekstrakurikuler pencak silat, namun latihan *plyometric* memberikan pengaruh yang lebih optimal. Oleh karena itu, pelatih disarankan untuk mengintegrasikan latihan *plyometric* dan *resistance band* secara terprogram dan berkelanjutan dalam proses pembinaan guna meningkatkan kondisi fisik dan performa atlet pencak silat.

Kata kunci: daya ledak, kelincahan, pencak silat, *plyometric*, *resistance band*

ABSTRACT

I Kadek Junaedi Putra. 2026. *The Effect of Plyometric Training and Resistance Band Training on Explosive Power and Agility of Pencak Silat Extracurricular Students at SMP Negeri 1 Rendang.* Thesis. Singaraja: Sports Education Study Program, Graduate School, Universitas Pendidikan Ganesha.

This study aimed to analyze: (1) the effect of plyometric training on explosive power; (2) the effect of plyometric training on agility; (3) the effect of resistance band training on explosive power; (4) the effect of resistance band training on agility; (5) the difference in the effects of plyometric training and resistance band training on explosive power; and (6) the difference in the effects of plyometric training and resistance band training on agility among students participating in the Pencak Silat extracurricular program at SMP Negeri 1 Rendang.

This study employed a quasi-experimental design using a two-group pretest-posttest design. The study was conducted at SMP Negeri 1 Rendang. The research subjects consisted of 34 students participating in the Pencak Silat extracurricular program, who were divided into two treatment groups using stratified randomization based on gender, namely a plyometric training group (17 students) and a resistance band training group (17 students). Data were collected through tests and measurements. Explosive power was measured using the Standing Broad Jump Test, while agility was measured using the Illinois Agility Test. The instruments used demonstrated acceptable validity and reliability according to physical fitness measurement standards. Data were analyzed using descriptive and inferential statistics, including normality tests, homogeneity tests, Paired Sample t-test, Independent Sample t-tests, Wilcoxon signed rank tests, and Mann-Whitney U tests at a significance level of 0.05.

The results showed that both plyometric training and resistance band training had a significant effect on improving explosive power and agility among students participating in the Pencak Silat extracurricular program at SMP Negeri 1 Rendang. Furthermore, there were significant differences between the two training methods in improving explosive power and agility, with plyometric training producing greater improvements than resistance band training. It can be concluded that both plyometric training and resistance band training are effective methods for improving explosive power and agility; however, plyometric training provides more optimal results. Therefore, coaches are recommended to implement plyometric and resistance band training programs systematically and continuously to enhance the physical condition and performance of Pencak Silat athletes.

Keywords: *agility, explosive power, pencak silat, plyometric, resistance band*