

ABSTRAK

Zulfani, Rizky Hadinata (2026) Pengaruh Metode Pelatihan *Elastic Band In Out* dan *Lateral Bound Sprint* Terhadap Kecepatan dan Kelincahan Atlet Kabaddi. Tesis, Program Studi Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Kata kunci: *Elastic Band In Out*, *Lateral Bound Sprint*, kecepatan, kelincahan, Kabaddi.

Penelitian ini bertujuan untuk mengetahui pengaruh metode pelatihan *Elastic Band In Out* dan *Lateral Bound Sprint* terhadap peningkatan kecepatan dan kelincahan atlet Kabaddi Kabupaten Klungkung. Penelitian ini dilatarbelakangi oleh rendahnya kemampuan kecepatan dan kelincahan atlet berdasarkan hasil evaluasi performa atlet pada Porprov Bali 2025 dan hasil tes kondisi fisik yang masih berada di bawah standar nasional, sehingga penelitian ini dilaksanakan pada tahun 2026 untuk mengkaji metode latihan yang efektif dalam mendukung peningkatan performa atlet menuju Porprov Bali 2027. Penelitian ini menggunakan metode eksperimen semu dengan rancangan *matching-only design*. Subjek penelitian adalah atlet Kabaddi Kabupaten Klungkung yang ditentukan melalui teknik *purposive sampling* berdasarkan kriteria yang telah ditetapkan, kemudian dikelompokkan menggunakan teknik *ordinal pairing* berdasarkan hasil *pretest* untuk memperoleh tiga kelompok perlakuan dengan kemampuan awal yang relatif setara. Kelompok pertama diberikan pelatihan *Elastic Band In Out*, kelompok kedua diberikan pelatihan *Lateral Bound Sprint* dan kelompok kontrol. Instrumen penelitian menggunakan tes sprint 40 meter untuk mengukur kecepatan dan *T-Test Agility* untuk mengukur kelincahan. Data dianalisis menggunakan statistik deskriptif, uji prasyarat berupa uji normalitas dan homogenitas dan uji *Multivariate Analysis of variance* (MANOVA) pada taraf signifikansi 5%. Hasil penelitian menunjukkan bahwa terdapat perbedaan pengaruh yang signifikan antara metode pelatihan *Elastic Band In Out* dan *Lateral Bound Sprint* terhadap kecepatan dan kelincahan atlet berdasarkan hasil uji *Tests of Between-Subjects Effects* dengan nilai signifikansi 0,000 ($p < 0,05$). Hasil uji MANOVA juga menunjukkan pengaruh yang signifikan secara simultan berdasarkan nilai *Pillai's Trace* sebesar 0,001, *Wilks' Lambda* sebesar 0,000, *Hotelling's Trace* sebesar 0,000, dan *Roy's Largest Root* sebesar 0,000 ($p < 0,05$). Temuan tersebut menunjukkan bahwa secara simultan terdapat pengaruh yang signifikan dari metode pelatihan *Elastic Band In Out* dan *Lateral Bound Sprint* terhadap peningkatan kecepatan dan kelincahan atlet Kabaddi Kabupaten Klungkung. Dengan demikian, kedua metode pelatihan dapat dijadikan alternatif program latihan fisik yang efektif untuk meningkatkan kualitas kondisi fisik atlet, khususnya pada komponen kecepatan dan kelincahan, serta dapat menjadi referensi bagi pelatih dalam menyusun program latihan yang lebih terarah untuk meningkatkan prestasi atlet Kabaddi.

ABSTRACT

Zulfani, Rizky Hadinata (2026). *The Effect of Elastic Band In Out and Lateral Bound Sprint Training Methods on the Speed and Agility of Kabaddi Athletes*. Thesis, Sports Education Study Program, Postgraduate Program, Ganesha University of Education.

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Keywords: Elastic Band In Out, Lateral Bound Sprint, speed, agility, Kabaddi.

This study aimed to determine the effect of Elastic Band In Out and Lateral Bound Sprint training methods on improving the speed and agility of Kabaddi athletes in Klungkung Regency. This research was motivated by the low level of athletes' speed and agility abilities based on performance evaluations during Porprov Bali 2025 and physical condition tests, which were still below national standards. Therefore, this study was conducted in 2026 to examine effective training methods to support athletes' performance improvement toward Porprov Bali 2027. This study employed a quasi-experimental method with a matching-only design. The research subjects were Kabaddi athletes in Klungkung Regency selected through purposive sampling based on predetermined criteria, and then grouped using the ordinal pairing technique based on pretest results to obtain three treatment groups with relatively equivalent initial abilities. The first group received Elastic Band In Out training, the second group received Lateral Bound Sprint training and control group. The research instruments consisted of a 40-meter sprint test to measure speed and the T-Test Agility to measure agility. The data were analyzed using descriptive statistics, prerequisite tests consisting of normality and homogeneity tests, and Multivariate Analysis of Variance (MANOVA) at a 5% significance level. The results showed that there was a significant difference in the effect between the Elastic Band In Out and Lateral Bound Sprint training methods on athletes' speed and agility based on the Tests of Between-Subjects Effects, with a significance value of 0.000 ($p < 0.05$). The MANOVA results also indicated a significant simultaneous effect based on Pillai's Trace value of 0.001, Wilks' Lambda of 0.000, Hotelling's Trace of 0.000, and Roy's Largest Root of 0.000 ($p < 0.05$). These findings indicate that the Elastic Band In Out and Lateral Bound Sprint training methods simultaneously have a significant effect on improving the speed and agility of Kabaddi athletes in Klungkung Regency. Thus, both training methods can be used as effective alternative physical training programs to improve athletes' physical condition, particularly speed and agility components, and can serve as a reference for coaches in developing more targeted training programs to enhance Kabaddi athletes' performance.