

ABSTRAK

Dewi, Komang Ayu Krisna (2021), *Perbedaan pengaruh pelatihan jump rope dan kombinasi jump rope-butt kick terhadap daya ledak otot tungkai pada perenang usia dini di Kabupaten Jembrana*. Tesis, Pendidikan Olahraga (S2), Pascasarjana, Universitas Pendidikan Ganesha.

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Kata Kunci: pelatihan pliometrik, *jump rope*, *butt kick*, daya ledak otot tungkai, perenang usia dini.

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh pelatihan *jump rope* dan kombinasi *jump rope-butt kick* terhadap daya ledak otot tungkai pada perenang usia dini di Kabupaten Jembrana. Penelitian ini menggunakan metode penelitian *quasi-experimental* dengan pendekatan *nonequivalent control group design*, yang dilakukan kepada 32 orang perenang usia dini (berusia 7-10 tahun) Jalak Bali *Swimming Club*, yang dibagi menjadi dua kelompok, yaitu kelompok pelatihan kombinasi *jump rope-butt kick* (eksperimen) dan kelompok pelatihan *jump rope* (kontrol). Daya ledak otot tungkai perenang usia muda diukur menggunakan *vertical jump* dan waktu tempuh renang yang berfokus pada gerakan kaki yang dibantu oleh *swimming kick board* dalam jarak 25 meter. Hasil pengukuran selanjutnya dilakukan analisis, *paired sample t-test* untuk mengetahui pengaruh setiap pelatihan dan *independent sample t-test* untuk mengetahui perbedaan pelatihan yang diberikan kepada kedua kelompok. Hasil analisis menunjukkan bahwa: 1) Pelatihan *jump rope* berpengaruh signifikan terhadap daya ledak otot tungkai pada perenang usia dini (sig. = 0.000 < 0.05, H₀ ditolak); 2) Pelatihan kombinasi *jump rope-butt kick* berpengaruh signifikan terhadap daya ledak otot tungkai pada perenang usia dini (sig. = 0.000 < 0.05, H₀ ditolak); dan 3) Pelatihan kombinasi *jump rope-butt kick* lebih baik secara signifikan daripada pemberian pelatihan *jump rope* terhadap daya ledak otot tungkai pada perenang usia dini, baik pengukuran di darat maupun di air (sig. = 0.000 < 0.05, H₀ ditolak). Berdasarkan analisis data dan pembahasan, simpulan penelitian ini adalah Pelatihan *jump rope* dan kombinasi *jump rope-butt kick* dapat digunakan sebagai latihan rutin yang dilakukan oleh perenang yang bergabung di klub renang yang berfokus pada peningkatan daya ledak otot tungkai. Daya ledak otot tungkai yang maksimal akan dapat meningkatkan prestasi perenang usia dini dalam berkompetisi.

ABSTRACT

Dewi, Komang Ayu Krisna (2021). *The difference of the effect of jump rope training and the combination of jump rope-butt kick on the explosive power of the limb muscles in early age swimmers in Jembrana Regency. Thesis, Sports Education (S2), Postgraduate, Ganesha University of Education.*

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Keywords: *plyometric training, jump ropes, butt kicks, leg muscle explosiveness, early age swimmers..*

This study was aimed at determining differences in the effect of jump rope training and a combination of jump rope-butt kick against the explosive power of the limbs muscle on the early age swimmers in Jembrana Regency. This study used a quasi-experimental research method with a nonequivalent control group design approach, which was carried out on 32 early age swimmers (aged 7-10 years) Jalak Bali Swimming Club, which were divided into two groups, namely the jump rope-butt kick combination training group (experimental) and the jump rope training group (control). The power of leg muscles of young swimmers is measured using vertical jumps and swimming travel time which focuses on leg movements assisted by a swimming kick board in 25 meters. The results of the measurement were then analyzed, the paired sample t-test to determine the effect of each training and the independent sample t-test to determine the differences in the training given to the two groups. The results of the analysis showed that: 1) Jump rope training has a significant effect on leg muscle explosive power in early age swimmers, both on land and in water measurements ($sig. = 0.000 < 0.05$, H_0 is rejected); 2) The jump rope-butt kick combination training has a significant effect on the explosive power of leg muscles in early age swimmers. ($sig.=0.000<0.05$, H_0 is rejected); and; 3) The jump rope-butt kick combination training is significantly better than the provision of jump rope training on the explosive power of the lower leg muscles in early age swimmers, both on dry land and in water. ($sig.=0.000<0.05$, H_0 is rejected). Based on the data analysis and discussion, the conclusion of this study is jump rope training and combination of jump rope-butt-kick can be used as an exercise routine that is done by the swimmer who joined in the pool club that focuses on increasing the limbs muscle explosive power. The maximum of limbs muscle explosive power will be able to improve the achievement of early age swimmers in competition.