ABSTRAK

Suratno (2020), *Pengaruh Latihan Plyometric terhadap Daya Ledak Otot Tungkai dan Hasil Jarak Lompatan Start Renang*.
Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Penelitian ini bertujuan untuk mengkaji dan membuktikan apakah terdapat perbedaan daya ledak otot tungkai dan hasil jarak lompatan *start* renang antara kelompok peserta didik yang mengikuti pelatihan *plyometric reaction box jump* dan kelompok peserta didik yang mengikuti pelatihan *plyometric stair jump* pada peserta didik yang mengikuti ekstrakurikuler cabang renang. Jenis penelitian yang digunakan adalah penelitian eksperimen semu *(quasi experimental)*. Subjek yang digunakan dalam penelitian ini seluruh peserta didik yang mengikuti ekstrakurikuler renang SMA Negeri 2 Kuta tahun pelajaran 2020/2021 yang berjumlah 42 peserta didik. Teknik pengambilan sampel menggunakan *ordinal pairing*. Metode pengumpulan data yang digunakan dalam penelitian ini adalah tes dan pengukuran**.** Penelitian ini dilaksanakan selama 8 minggu yang terbagi dalam tiga kegiatan diantaranya tes awal (*pre-test*), perlakuan (*treatment*) dan tes akhir (*post-test*). Hasil yang diperoleh dalam penelitian ini adalah : (1) terdapat perbedaan daya ledak otot tungkai dan hasil jarak lompatan start renang antara kelompok peserta didik yang mengikuti pelatihan *plyometric reaction box jump* dan kelompok peserta didik yang mengikuti pelatihan *plyometric stair jump* pada peserta didik yang mengikuti ekstrakurikuler cabang renang, (2) terdapat perbedaan daya ledak otot tungkai antara kelompok peserta didik yang mengikuti pelatihan *plyometric reaction box jump* dan kelompok peserta didik yang mengikuti pelatihan *plyometric stair jump* pada peserta didik yang mengikuti ekstrakurikuler cabang renang, (3) terdapat perbedaan hasil jarak lompatan start renang antara kelompok peserta didik yang mengikuti pelatihan *plyometric reaction box jump* dan kelompok peserta didik yang mengikuti pelatihan *plyometric stair jump* pada peserta didik yang mengikuti ekstrakurikuler cabang renang, (4) pelatihan *plyometric reaction box jump* lebih baik jika dibandingkan dengan pelatihan *plyometric stair jump* pada peserta didik yang mengikuti ekstrakurikuler cabang renang. Dari hasil penelitian ini dapat disarankan bagi para pendidik pengampu ekstrakurikuler renang agar menggunakan pelatihan *plyometric reaction box jump* dan pelatihan *plyometric stair jump* sebagai alternatif inovasi pelatihan untuk memotivasi peserta didik dan untuk meningkatkan prestasi renang peserta didik.

Kata-kata kunci : pelatihan *plyometric*, daya ledak otot tungkai, jarak lompatan start renang.

ABSTRACT

Suratno (2020), *The Effect of Plyometric Training on the Power of the Limb Muscles and Results of the Distance Jump Start Swimming*.
Thesis, Sports Education, Post Graduate Study Program, Ganesha University of Education.

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This study aims to examine and prove whether there is a difference in the explosive power of the leg muscles and the jump start distance between a group of students who take plyometric reaction box jump training and a group of students who take plyometric stair jump training for students who take extracurricular swimming branches. This type of research is quasi experimental research. The subjects used in this study were all students who took swimming extracurricular activities at SMA Negeri 2 Kuta for the 2020/2021 academic year, totaling 42 students. The sampling technique uses ordinal pairing. Data collection methods used in this study were tests and measurements. This research was conducted for 8 weeks which was divided into three activities including pre-test, treatment and post-test. The results obtained in this study are: (1) there is a difference in the explosive power of the leg muscles and the jump distance between the groups of students who take plyometric reaction box jump training and groups of students who take plyometric stair jump training for students who take extracurricular activities swimming, (2) there is a difference in the explosive power of the leg muscles between the group of students who take the plyometric reaction box jump training and the group of students who take the plyometric stair jump training for students who take the extracurricular swimming branch, (3) there are differences in the results of the jump distance start swimming between the group of students who took the plyometric reaction box jump training and the group of students who took the plyometric stair jump training for students who took the extracurricular swimming branch, (4) the plyometric reaction box jump training was better than the training plyometric stair jump for students who take extracurricular swimming. From the results of this study, it can be suggested that swimming extracurricular teachers use plyometric reaction box jump training and plyometric stair jump training as an alternative to training innovations to motivate students and to improve students' swimming achievement.

Keywords : plyometric training, leg muscle explosive power, swimming jump start distance.