

ABSTRAK

Herry, I Putu. (2021). *Pengaruh metode pelatihan beban medicine ball throw dan panjang lengan terhadap power otot lengan atlet cricket Buleleng*. Tesis. Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha

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Kata kunci: Metode Pelatihan, *Medicine Ball Throw*, Power, Panjang Lengan dan *Cricket*

Penelitian ini bertujuan untuk menganalisis: 1) Perbedaan Pengaruh metode pelatihan beban *medicine ball throw* dan panjang lengan terhadap power otot lengan atlet *cricket* Buleleng. 2) Interaksi antara pelatihan *medicine ball throw*, pelatihan konvensional dan panjang lengan terhadap power otot lengan. 3) Perbedaan hasil power otot lengan yang signifikan melalui pelatihan *medicine ball throw* dan pelatihan konvensional pada atlet yang memiliki lengan yang panjang. 4) Perbedaan hasil power otot lengan yang signifikan melalui pelatihan *medicine ball throw* dan pelatihan konvensional pada atlet yang memiliki lengan yang pendek. Jenis metode penelitian yang digunakan adalah quasi eksperimen dengan menggunakan desain treatment by level 2x2. Sampel berjumlah 40 orang ditentukan dengan kategori lengan yang panjang dan lengan yang pendek. Instrumen penelitian menggunakan meteran untuk mengukur panjang lengan dan *two hand medicine ball test* untuk mengukur power otot lengan. Teknik analisis data menggunakan anava 2 jalur pada taraf signifikan 0,05.

Hasil penelitian ini menunjukkan bahwa terdapat perbedaan power otot lengan pada atlet yang mendapatkan pelatihan *medicine ball throw* dan pelatihan konvensional. Terdapat interaksi antara pelatihan dan panjang lengan terhadap power otot lengan. Adapun saran kepada pembina/pelatih olahraga *cricket* dapat menggunakan metode pelatihan beban *medicine ball throw* sebagai salah satu alternatif untuk meningkatkan power otot lengan atlet *cricket*.

ABSTRACT

Herry, I Putu. (2021). *The effect of weight training method with medicine ball throw and arm length on arm muscle power of Buleleng cricket athletes.* Thesis. Sport education, postgraduate program, ganesha university of education

This thesis has been approved and examined by supervisor I : Dr. I Ketut Yoda, S.Pd., M.Or. and supervisor II: Dr. Made Agus Dharmadi, M.Pd.

Keywords : Training method, medicine ball throw, power, length arms, and cricket.

This research aimed at analyzing: 1) the difference in the effect of training by medicineball throw and arm length to the power of arm muscles of Buleleng cricket athletes. 2) There was an interaction between the medicine ball throw training, conventional training and length of arm to the power of arm muscle. 3) A significant difference in the result of arm muscle power through medicine ball throw training and conventional training for athletes with long arms. 4) A significant difference in the result of arm muscle power through medicine ball throw training and conventional training for athletes with short arms. Research used was true-experimental with level 2x2 design. A sample of fourty people was determined by the category of long and short arms. The research instrument used was an gauges to measure arm length and a two hand medicine-ball-test to measure arm strength. The data analysis technique used were two-way anava at the 0,05 significance level.

The result of this research shows there are difference in the power of arms of the participants who were given the treatment of medicine-ball-throw training and the convensional training. There was an interaction between the medicine ball throw training, conventional training and length of arm to the power of arm muscle. It is suggested for the cricket coaches to use medicine-ball-throw training method as an alternative to improve the power of arm muscle of cricket athletes.