

ABSTRAK

Pratama, Febrian Indra. 2022. Pengaruh Latihan *Double Legs Hop* Terhadap Kekukatan Otot Tungkai *Atlet* Cabang Olahraga Bulutangkis Club Jaya Raya *Winner* U-15. Program Studi Pendidikan Jasmani. Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr. Sumardi.

Kata Kunci : Kekuatan Otot Tungkai, Metode Latihan *Double Legs Hop*

Penelitian ini bertujuan mengetahui peningkatan kemampuan otot tungkai dengan metode latihan *double legs hop atlet club jaya raya winner u-15*.

Metode penelitian ini adalah penelitian eksperimen, desain yang digunakan dalam penelitian ini menggunakan desain penelitian *Desain one group pretest-posttest*. Prosedur penelitian ini adalah yang pertama melakukan terhadap variabel terikat dari satu kelompok subjek (*pretest*). Kedua subjek diberi perlakuan dengan jangka waktu tertentu. Ketiga melakukan pengukuran yang kedua (*posttest*) terhadap variabel bebas. Keempat membandingkan hasil pengukuran pertama (*pretest*) dengan hasil pengukuran kedua (*posttest*). Populasi dan sampel pada penelitian ini yaitu 20 anak, teknik analisis data dilakukan dengan uji normalitas, uji homogenitas dan uji t.

Dari hasil perhitungan statistik menunjukkan nilai Uji t, Normalitas, Homogenitas. Dan Uji t sebesar nilai $0,000 < 0,05$. Normalitas nilai *sig* kelompok *pretest* eksperimen sebesar 191, *pretest* kelompok kontrol sebesar 015, *posttest* kelompok eksperimen sebesar 017, *posttest* kelompok kontrol sebesar 008 $> 0,05$. Dan homogenitas diperoleh *sig* kelompok *pretest* eksperimen sebesar 305, *pretest* kelompok kontrol sebesar 189, *posttest* kelompok eksperimen sebesar 313 $> 0,05$.

Jadi dapat disimpulkan bahwa adanya pengaruh pemberian Latihan *double legs hop* terhadap kekuatan otot tungkai *atlet* cabang olahraga bulutangkis *club jaya raya winner u-15* surabaya

ABSTRAK

Pratama, Febrian Indra. 2022. The Effect of *Double Legs Hop* Training on Strength of Legs Muscle Athlete Badminton Sport Team Jaya Raya Winner U-15 Surabaya. Physical Education Study Program . Faculty of pedagogy and psychology. PGRI Adi Buana University Surabaya. Supervisor Pembimbing Dr. Sumardi, M.Kes.

Keywords : Legs Muscle Strength, *Double Legs Hop* Training

This study aims to determine the increase in the ability of the leg muscles with the *double legs hop* training method for the athletes of club jaya Raya winner u-15.

This research method is an experimental research, the design used in this study using a research design *One group pretest-posttest* design. The procedure of this research is the first to do the dependent variable from one group of subjects (*pretest*). Both subjects were treated with a certain period of time. Third, perform the second measurement (*posttest*) on the independent variables. Fourth, compare the results of the first measurement (*pretest*) with the results of the second measurement (*posttest*). The population and sample in this study were 20 children, the data analysis technique was carried out by normality test, homogeneity test and t test.

From the results of statistical calculations show the value of t test, normality, homogeneity. And the t-test is $0.000 < 0.05$. The normality of the sig value for the experimental pretest group was 191, the control group pretest was 015, the experimental group posttest was 017, the control group posttest was 008 > 0.05 . And the homogeneity obtained by the experimental group sig of 305, the pretest of the control group of 189, the posttest of the experimental group of 313 > 0.05 .

So it can be concluded that there is an effect of giving *double legs hop* training on leg muscle strength of athletes in badminton club Jaya Raya Winner U-15 Surabaya.