

## ABSTRAK

Rizaldi, Mochamad. 2021. Pengaruh Latihan Bola Pantul Terhadap Hasil Passing Bawah Anggota Ekstrakurikuler Bolavoli di SMA Intensif Taruna Pembangunan. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Riga Mardhika, S.Pd., M.Or.

Kata Kunci: latihan bola pantul, passing bawah

Tujuan penelitian ini adalah untuk mengetahui ada tidaknya pengaruh latihan bola pantul terhadap hasil passing bawah anggota ekstrakurikuler bolavoli di SMA Intensif Taruna Pembangunan.

Populasi yang digunakan adalah anggota ekstrakurikuler bolavoli SMA Intensif Taruna Pembangunan yang berjumlah 25 anggota. Teknik pengambilan sampel dilakukan dengan cara Purposive Sampling. Jadi rencana sampel yang akan dijadikan penelitian berjumlah 20 anggota. Desain penelitian yang digunakan dalam penelitian ini ialah *one group pretest posttest design*. Pengambilan data dalam penelitian ini menggunakan *test*. Teknik analisis data menggunakan analisis uji T-Test.

Berdasarkan uji hipotesis dengan *paired samples test* nilai Signifikasin 2 tailed sebesar 0,000 lebih kecil dari 0,05, sehingga dapat disimpulkan bahwa hipotesis diterima. Jadi dapat disimpulkan bahwa ada pengaruh latihan bola pantul terhadap hasil passing bawah anggota ekstrakurikuler bolavoli di SMA Intensif Taruna Pembangunan.

## **ABSTRACT**

Rizaldi, Mochamad. 2021. The Effect of Bouncing Ball Training on Lower Passing Results of Volleyball Extracurricular Members at the Taruna Development Intensive High School. Education Study Program. Faculty Pedagogy and Psychology. University of PGRI Adi Buana Surabaya. Advisor Riga Mardhika, S.Pd., M.Or.

Keywords: bouncing ball training, lower passing

The purpose of this study was to determine whether or not there was an effect of bouncing ball training on the results of passing down extracurricular members of volleyball at the Taruna Pembangunan Intensive High School.

The population used was the extracurricular members of the Taruna Development Intensive High School volleyball, which amounted to 25 members. The sampling technique was carried out by purposive sampling. So the sample plan that will be used as research is 20 members. The research design used in this study was a one group pretest posttest design. Collecting data in this study using a test. The data analysis technique used analyst.

Based on the hypothesis test with the paired samples test, the 2-tailed significance value of 0.000 is smaller than 0.05, so it can be concluded that the hypothesis is accepted. So it can be concluded that there is an effect of bouncing ball training on the results of the lower passing of volleyball extracurricular members at the Taruna Development Intensive High School.