

ABSTRAK

Prasetyo, Mas Nicko. 2021. *Perbandingan Latihan Aqua Jogging Dan Lompat Kijang Terhadap Hasil Lompat Jauh Gaya Jongkok Siswa Ekstrakurikuler Atletik MTs. Raden Fatah Driyorejo*. Program Sru di Pendidikan Jasmani. Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing, .Dr. Luqmanulm Hakim. S.Or.,MPd

Kata Kunci: *Aqua Jogging*, Lompat Kijang, Lompat Jauh Gaya Jongkok.

Desain penelitian ini adalah *two group pretest-posttest design*, dengan membagi menjadi dua kelompok menggunakan *ordinal pairing*. Populasi penelitiannya adalah siswa yang mengikuti ekstrakurikuler atletik di MTs. Raden Fatah Driyorejo berjumlah 23 siswa. Sampel yang diambil berjumlah 16 siswa. Hasil penelitian menunjukkan bahwa; (1) Ada pengaruh latihan *aqua jogging* terhadap hasil lompat jauh gaya jongkok, dengan nilai t hitung $10.36 > t$ tabel 1.729 , dan nilai signifikansi $0.000 < 0.05$, kenaikan persentase sebesar 36.2% . (2) Ada pengaruh latihan lompat kijang terhadap hasil lompat jauh gaya jongkok, dengan nilai t hitung $9.594 > t$ tabel 1.89 , dan nilai signifikansi $0.000 < 0.05$, kenaikan persentase sebesar 38.7% . (3) Tidak ada perbedaan antara latihan *aqua jogging* dengan latihan lompat kijang terhadap hasil lompat jauh gaya jongkok, dengan nilai t hitung $0.467 < t$ tabel $= 1.761$, dan nilai signifikansi $0.647 > 0.05$.

ABSTRACT

Prasetyo, Mas Nicko. 2021. *Comparison of Aqua Jogging and Deer Jump Exercises on the Results of the Long Jump Squatting Style for MTs Athletic Extracurricular Students*. Raden Fatah Driyorejo. *Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Advisor, .Dr. Luqmanul Hakim. S.Or.,MPd*

Keywords: *Aqua Jogging, Deer Jump, Long Jump Squat Style.*

The design of this study was a two group pretest-posttest design, by dividing into two groups using ordinal pairing. The research population is students who take extracurricular athletics at MTs. Raden Fatah Driyorejo totaled 23 students. The samples taken were 16 students. The results showed that; (1) There is an effect of aqua jogging exercise on the squat style long jump, with a t-count value of $10.36 > t\text{-table } 1.729$, and a significance value of $0.000 < 0.05$, a percentage increase of 36.2%. (2) There is an effect of deer jumping exercise on the results of the squat style long jump, with a t-count value of $9.594 > t\text{-table } 1.89$, and a significance value of $0.000 < 0.05$, a percentage increase of 38.7%. (3) There is no difference between the aqua jogging exercise and the deer jump exercise on the squat style long jump, with a t-count value of $0.467 < t\text{ table} = 1.761$, and a significance value of $0.647 > 0.05$.