

ABSTRAK

Fuhan, Fulki. 2016. *Pengaruh Latihan Bola Digantung Terhadap Ketepatan Sasaran Smash Bola Voli SMA Negeri 15 Surabaya* Program studi: Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan Universitas PGRI Adi Buana Surabaya, Dosen Pembimbing, Dr. Luqmanul Hakim, S.Or.,M.Pd

Kata kunci: Bola Digantung, Ketepatan Sasaran Smash

Penelitian ini bertujuan untuk mengetahui pengaruh latihan memukul bola digantung terhadap peningkatan ketepatan *smash* bola voli putra di SMA Negeri 15 Surabaya. Semakin tinggi latihan yang diberikan maka semakin tinggi hasil ketepatan *smash* bola voli putra di SMA Negeri 15 Surabaya.

Subjek penelitian dalam penelitian ini adalah siswa di SMA Negeri 15 Surabaya. Desain penelitian yang digunakan adalah *two group control design*. Metode yang digunakan metode eksperimen dan kontrol. Teknik pengumpulan data dengan cara melakukan ketepatan *smash* bola voli sebanyak 5 kali kesempatan.

Hasil dari penelitian diperoleh nilai rata-rata kelompok eksperimen latihan bola digantung sebesar 15.40 sedangkan nilai rata-rata kelompok kontrol tanpa latihan bola digantung sebesar 12.80. Apabila membandingkan jumlah keseluruhan beda dari masing-masing kelompok tersebut, maka diperoleh jumlah keseluruhan beda kelompok latihan eksperimen latihan bola digantung sebesar t_{hitung} (8.135 >) t_{tabel} (1.833), dan nilai probabilitas $0,000 < 0,05$. Kemudian pada jumlah keseluruhan beda kelompok kontrol tanpa latihan bola digantung sebesar t_{hitung} (9.371) > t_{tabel} (1.833), dan nilai probabilitas $0,000 < 0,05$ Jadi dapat disimpulkan dari penelitian ini diperoleh pernyataan bahwa ada pengaruh yang signifikan dari pemberian latihan bola digantung terhadap hasil ketepatan sasaran *smash* bola voli di SMA NEGERI 15 Surabaya. Dan kelompok eksperimen lebih berpengaruh terhadap ketepatan sasaran *smash* bola voli.

ABSTRAC

Fuhan, Fulki. 2016. *The Effect of Hanging Ball Training On The Accuracy Of Volleyball Smash Target in Senior High School 15 SURABAYA*. Study program: Physical Education, Faculty of Teacher Training and Education, PGRI Adi Buana University Surabaya, Advisor Lecturer, Dr. Luqmanul Hakim, S.Or.,M.Pd.

Keywords: Hanging Ball, Accuracy Smash Target.

This study aims to determine the effect of the practice of hitting a suspended ball to increase the accuracy of men's volleyball smash at SMA Negeri 15 Surabaya. The higher the training given, the higher the accuracy of the men's volleyball smash at SMA Negeri 15 Surabaya.

Research subjects in this study were students at SMA Negeri 15 Surabaya. The research design used was a two group control design. The method used is the experimental and control methods. Data collection techniques by performing the accuracy of volleyball smash 5 times a chance.

The results of the study obtained the average value of the experimental group of the hanging ball training by 15.40 while the average value of the control group without the hanging ball training was 12.80. When comparing the total number of differences from each of these groups, the total number of different groups of experimental exercises obtained by the ball practice is *tvalue* (8,135) > *ttable* (1,833), and the probability value is 0,000 < 0.05. Then the total number of different control groups without ball training was hung by *tvalue* (9,371) > *ttable* (1,833), and the probability value was 0,000 < 0.05. So it can be concluded from this study that a statement was obtained that there was a significant effect of the hanging ball exercise on the results the accuracy of the volleyball smash target at SMA NEGERI 15 Surabaya. And the experimental group is more influential on the accuracy of volleyball smash targets.