

## ABSTRAK

Sabelau, Riston. 2020. *Pengaruh Latihan Tuck Jump Terhadap Peningkatan Tinggi Lompatan Dalam Permainan Bola Voli Putra SMA Intensif Taruna Pembangunan Surabaya*. Skripsi. Program Studi Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas PGRI Adi Buana Surabaya. Pembimbing: Shandy Pieter, S.Pd.,M.Pd

Kata Kunci: *Tuck Jump, Tinggi Lompatan*

Penelitian ini dilatarbelakangi oleh rendahnya kemampuan lompatan pemain bola voli putra SMA Intensif Taruna Pembangunan Surabaya. Hal tersebut karena kurangnya latihan khusus terhadap pemain bola voli putra. Dengan Adanya tambahan latihan *Tuck Jump* pada pemain voli tersebut, terlihat adanya peningkatan tinggi lompatan.

Penelitian ini menggunakan metode kuantitatif dengan populasi pemain bola voli putra SMA Intensif Pembangunan Surabaya. Sampel yang digunakan sebanyak 20 orang. Dari sampel dibagi menjadi dua kelompok yakni 10 orang kelompok eksperimen dan 10 orang kelompok kontrol.

Hasil penelitian ini menunjukkan bahwa adanya pengaruh latihan *Tuck Jump* terhadap tinggi lompatan yaitu sebesar  $t_{hitung}$  2,86 dan  $t_{tabel}$  dengan taraf signifikan 5% ( $\alpha = 0,05$ ) adalah 1,73, artinya nilai  $t_{hitung} > t_{tabel}$  yaitu  $2,86 > 1,73$  maka hipotesis bisa diterima. Berdasarkan hasil pengamatan disimpulkan bahwa adanya latihan *Tuck Jump* sangat berpengaruh pada tinggi lompatan pemain bola voli putra SMA Intesif Taruna Pembangunan Surabaya.

## ABSTRACT

Sabelau Riston. 2020. *The effect of Tuck Jump Training on Increasing Jump Height in Volleyball Game for Men Intensive High School Development Cadets in Surabaya*. Thesis. Physical Education Study Program. Faculty of Teacher Training and Education. PGRI Adi Buana University Surabaya. Advisor (I) Shandy Pieter, S.Pd.,M.Pd

**Keywords** :Tuck Jump, High Jump

The research is motivated by the low ability of high volleyball players from the intensif taruna pembangunan surabaya High School . thi is due to the lack of special training for male volleyball players. With the Tuck Jump exercise in the volleyball player, there was an increase in jump height.

This study uses a quantitative method with a sample of 20 volleyball men's Instensif Taruna Pembangunan Surabaya High School. From the sample it was divided into two groups namely 10 experimental group and 10 control groups.

The results of this study indicate that the effect of Tuck Jump training on the height of the jump is equal to  $t_{hitung}$  2,86 and  $t_{tabel}$  with a significant level 5% ( $\alpha = 0,05$ ) is 1,73, it means value  $t_{hitung} > t_{tabel}$  that is  $2,86 > 1,73$ . Concluded results from grades (  $t_{hitung} > t_{tabel}$  ) that is  $2,86 > 1,73$  in the above decision making if (  $t_{hitung} > t_{tabel}$  ). Then the hypothesis is accepted. Based on the observations, it is concluded that the existence of Tuck Jump training is very influential on the height oh the men's volleyball player jump Intensif Taruna Pembanguna High School.