

## ABSTRAK

Hamidah, Siti N. 2022. *Pengaruh Latihan Zig-zag Run Terhadap Kelincahan Tendangan Sabit Pada Olahraga Pencak Silat Pagar Nusa Ranting Prime Park Simo Angin-Angin Wonoayu Sidoarjo*. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi Universitas PGRI Adi Buana Surabaya. Pembimbing Dr.dr. Hayati, M.Kes., AIFO-K

Kata Kunci : *Zig-Zag Run*, Kelincahan, Tendangan Sabit

Penelitian ini bertujuan untuk mengetahui pengaruh latihan zig-zag run terhadap kelincahan tendangan sabit pada olahraga pencak silat pagar nusa ranting Prime Park Simo Angin-Angin Wonoayu Sidoarjo.

Penelitian ini menggunakan pendekatan kuantitatif metode penelitian adalah eksperimen dengan menggunakan desain penelitian *One Group Pretest-Posttest*. Sampel yang digunakan dalam penelitian ini sebanyak 10 pesilat. Data dikumpulkan melalui *Pretest* dan *Posttest* dengan instrumen tes berupa tendangan sabit. Teknik analisis data menggunakan rumus uji t.

Hasil analisis menunjukkan bahwa : Ada perbedaan hasil saat pengambilan tes kelincahan tendangan sabit pesilat Laki-laki dan Perempuan. Dari data uji-t dapat dilihat Nilai  $0,000 < 0,05$  sehingga  $H_0$  ditolak dan  $H_1$  diterima.  $H_1$  menyatakan bahwa terdapat hasil rata-rata yang signifikan pada latihan *zig-zag run* terhadap kelincahan tendangan sabit olahraga Pencak silat. Peningkatan rata-rata dari hasil *pretest* dan *posttest* L : 16,80 dan 25,40 untuk peningkatan rata-rata dari hasil *pretest* dan *posttest* P : 13,80 dan 21,60. Jadi dapat disimpulkan bahwa adanya pengaruh pemberian latihan *zig-zag run* terhadap kelincahan tendangan sabit pada olahraga pencak silat pagar nusa ranting Prime Park Simo Angin-Angin Wonoayu Sidoarjo.

## **ABSTRACT**

Hamidah, Siti N. 2022. *Effect of Zig-zag Run Exercise on Sickle Kick Agility in Pencak Silat Sports Pagar Nusa Ranting Prime Park Simo Angin-Angin Wonoayu Sidoarjo. Physical Education Study Program. Faculty of Pedagogy and Psychology, PGRI Adi Buana University, Surabaya. Supervisor Dr.dr. Hayati, M.Kes., AIFO-K*

Keywords: Zig-Zag Run, Agility, Sickle Kick

*This study aims to determine the effect of zig-zag run training on sickle kick agility in the sport of pencak silat fence, Nusa Twig, Prime Park Simo Angin-Angin Wonoayu Sidoarjo.*

*This study uses a quantitative approach. The research method is an experiment using a One Group Pretest-Posttest research design. The sample used in this study were 10 fighters. Data were collected through Pretest and Posttest with a test instrument in the form of a sickle kick. The data analysis technique used the *t* test formula.*

*The results of the analysis show that: There are differences in the results when taking the sickle kick agility test for male and female fighters. From the *t*-test data, it can be seen that the value is  $0.000 < 0.05$  so that  $H_0$  is rejected and  $H_1$  is accepted.  $H_1$  states that there is a significant average result in the zig-zag run exercise on the agility of the sickle kick in Pencak silat. The average increase in the results of the pretest and posttest L: 16.80 and 25.40 for the average increase in the results of the pretest and posttest P: 13.80 and 21.60. So it can be concluded that there is an effect of giving zig-zag run training on the agility of the sickle kick in the pencak silat fence, Nusa Branch, Prime Park Simo Angin-Angin Wonoayu Sidoarjo.*