

## ABSTRAK

Nasrullah, M. F. (2022). Pengaruh Latihan Squat Jump Terhadap Tinggi Lompatan Cabang Olahraga Bola Voli SMP Sabilunnaja Kuripan Kec. Babat Kab.Lamongan. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Dr., dr. Hayati, M.Kes., AIFO-K

Kata Kunci: *squat jump*, tinggi lompatan.

Permasalahan yang dialami kebanyakan pelatih saat ini sulitnya membuat variasi pelatihan bola voli. Salah satunya variasi latihan *smash*. Variasi pelatihan *smash* atas sangat penting untuk menumbuhkan minat dan agar para pemain tidak merasa bosan. Penelitian ini bertujuan untuk mengetahui adakah pengaruh latihan *squat jump* terhadap tinggi lompatan cabang olahraga bola voli SMP Nu Sabilunnaja Kuripan Kecamatan Babat Kabupaten. lamongan

Penelitian ini menggunakan desain *One Sample Pretest-Posttest*. Dalam desain ini terdapat dua kelompok yang dilakukan secara acak, setiap kelompok terdiri dari tujuh orang kemudian diberi pretest untuk mengetahui keadaan awal dan akan di beri *posttest* setelah di beri perlakuan latihan squat jump 2x seminggu selama 4 pertemuan.

Hasil dari penelitian menyimpulkan: terdapat pengaruh yang signifikan latihan *squat jump* terhadap tinggi lompatan cabang olahraga bola voli SMP Sabilunnaja Kuripan. Pelatihan menggunakan *squat jump* terhadap peningkatan kemampuan lompatan pemain bola voli SMP Nu Sabilunnaja Kuripan. Di ketahui bahwa nilai Sig. (*2-tailed*) sebesar  $0,000 < 0,05$ , maka dapat disimpulkan ada perbedaan rata-rata hasil peningkatan latihan *Squat Jump* terhadap kemampuan melompat Pemain Bola Voli Ekstrakurikuler SMP Sabilunnaja Kuripan Babat Lamongan

## ABSTRACT

Nasrullah, M. F. (2022). The Effect of Squat Jump Exercise on Jumping ability in Volleyball Sports at Sabilunnaja Junior High School Kuripan Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Mentor Dr., dr. Hayati, M.Kes., AIFO-K.

Keywords: Squat jump jumping ability.

The problem mentioned by most coaches today is the difficulty of making training variations in volleyball training. One of them is a variation of smash practice. The variation of the upper smash training is very important to enhanced interest and so that the players don't feel bored. This study aims to determine whether there is an effect of squat jump training on the jumping height of volleyball sports SMP Nu Sabilunnaja Kuripan

This study uses a one sample pretest-posttest design. In this design, there are two groups that are done randomly into control and experiment groups, each group consists of seven people then given a pretest to find out the initial ability and then given a posttest after given treatment of squat jump two times a for weeks.

The results of the study concluded: there was a significant effect of squat jump exercise on jump ability in volleyball at Sabilunnaja Kuripan Junior High School. Training using squat jumps to increase the jumping ability of volleyball players SMP Nu Sabilunnaja kuripan. It is known that the value of Sig. (2-tailed) of  $0.000 < 0.05$ , it can be concluded that there is a significant effect of Squat Jump training on the jumping ability of Extracurricular Volleyball Players at SMP Nu sabilunnaja kuripan