

Abstrak

PENGARUH LATIHAN *PLYOMETRIC JUMP TO BOX* DAN *BARRIER HOP* TERHADAP KEMAMPUAN TENDANGAN SABIT SISWA EKSTRAKURIKULER PENCAK SILAT MAN 1 BREBES

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Latar Belakang: Pencak silat merupakan seni beladiri asli Bangsa Indonesia. Olahraga pencak silat memiliki teknik seperti pukulan, guntingan, kuncian, dan tendangan. Tendangan merupakan salah satu teknik serangan yang dilakukan oleh para pesilat dalam bertanding karena mudah pelaksanaannya dan untuk mendapatkan poin yang cukup besar yaitu dua poin. Penelitian ini menggunakan metode latihan *plyometric jump to box* dan *barrier hop*, bertujuan untuk mengetahui pengaruh latihan *plyometric jump to box* dan *barrier hop* terhadap kemampuan tendangan sabit pada pesilat MAN 1 Brebes.

Metodologi: Desain penelitian ini menggunakan “*Two Group Pre-test, Post-test Design*”. Sampel dalam penelitian ini berjumlah 21 pesilat MAN 1 Brebes. Teknik analisis data menggunakan uji-t dengan nilai signifikansi $<0,05$ yang dibantu dengan aplikasi SPSS versi 25.

Hasil Penelitian: Hasil yang diperoleh dari analisis data menggunakan uji *paired sample t-test* pada tes kemampuan tendangan sabit, kelompok *treatment jump to box* yaitu nilai signifikansi sebesar 0,006 dan kelompok *treatment barrier hop* sebesar 0,002. Kemudian, hasil yang diperoleh dari analisis menggunakan uji *independent sample t-test* tes kemampuan tendangan sabit yaitu nilai signifikansi sebesar 0,815 dan 0,814.

Kesimpulan: Ada pengaruh signifikan dari latihan *jump to box* terhadap kemampuan tendangan sabit. Ada pengaruh signifikan dari latihan *barrier hop* terhadap kemampuan tendangan sabit. Tidak terdapat perbedaan yang signifikan antara kelompok *treatment jump to box* dan *barrier hop* terhadap kemampuan tendangan sabit.

Kata Kunci: Pencak Silat, *Plyometric jump to box*, *Plyometric barrier hop*, Tendangan sabit

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Abstract

THE EFFECT OF PLYOMETRIC JUMP TO BOX AND BARRIER HOP TRAINING ON THE ABILITY OF SCYTHE KICKING IN PENCAK SILAT EXTRACURRICULAR STUDENTS

MAN 1 BREBES

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Background: Pencak silat is the original martial art of the Indonesian nation. The sport of pencak silat has techniques such as punches, cuts, locks, and kicks. Kick is one of the attack techniques used by the fighter in competing because it is easy to implement and to get a fairly large point, namely two points. This study uses the plyometric jump to box and barrier hop training methods, aiming to determine the effect of a plyometric jump to box and barrier hop exercises on the ability of the sickle kick to the MAN 1 Brebes fighter.

Methods: The design of this study used a “Two Group Pre-test, Post-test Design”. The sample in this study amounted to 21 fighters from MAN 1 Brebes. The data analysis technique used a t-test with a significance value of <0.05 which was assisted by the SPSS version 25 application.

Results: The results were obtained from data analysis using the paired sample t-test on the sickle kick ability test. The treatment jump to box with a significance value of 0,006 and treatment barrier hop of 0,002. Then, the results were obtained from the analysis using the independent sample t-test of the sickle kick ability test, namely the significance value of 0,815 and 0,814.

Conclusion: There is a significant effect of the jump to box exercise on the ability of the sickle kick. There is a significant effect of barrier hop training on the ability of the sickle kick. There was no significant difference between the treatment jump to box and barrier hop in the ability of the sickle kick.

Keywords: Pencak Silat, Plyometric jump to box, Plyometric barrier hop, Sickle kick.

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