

Abstrak

**PENGARUH LATIHAN MENARIK BAN BEKAS TERHADAP
KEKUATAN OTOT TUNGKAI PADA SISWA PUTRA
EKSTRAKURIKULER BOLA VOLI
SMA NEGERI 1 WANGON**
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Latar Belakang: Kegiatan ekstrakurikuler bola voli yang dikembangkan di SMA Negeri 1 Wangon bertujuan untuk meningkatkan prestasi, meningkatkan kemampuan siswa, dan meningkatkan keterampilan siswa dalam bermain voli. Latihan beban akan melatih kontraksi otot, selama latihan beban kontraksi otot yang terjadi yaitu kontraksi otot secara isotonik. Penulis tertarik membuat model latihan menarik beban yang berupa ban bekas. Kelebihan ban bekas digunakan sebagai media latihan karena ban bekas mudah dijumpai dan didapatkan. Pemanfaatan ban bekas sebagai latihan dapat mengurangi limbah ban bekas di sekitar lingkungan SMA Negeri 1 Wangon..

Metodologi: Penelitian ini menggunakan Pre-Eksperimental Design. Penelitian dilaksanakan pada bulan Juli 2022. Analisis data menggunakan uji prasyarat berupa normalitas dan homogenitas. kemudian pembuktian hipotesis menggunakan Paired Sampel t-Test.

Hasil penelitian: Hasil penelitian menunjukan bahwa nilai $p=0,000 < 0.05$, sehingga ada perbedaan antara data pretest dan posttest.

Kesimpulan: Latihan menarik ban bekas berpengaruh terhadap kekuatan otot tungkai. Keterbatasan penelitian ini adalah tidak ada variabel pembanding dan peneliti tidak dapat mengontrol faktor-faktor lain yang mungkin mempengaruhi hasil tes, seperti kondisi tubuh, faktor psikologis dan sebagainya.

Kata kunci: bola voli, kekuatan otot tungkai, latihan menarik ban

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Abstract

THE EFFECT OF USED TIRE DRAWING EXERCISE ON LIMB MUSCLE STRENGTH IN EXTRACURRICULAR BOY STUDENTS VOLLEY BALL STATE 1 WANGON

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Background: Volleyball extracurricular activities developed at SMA Negeri 1 Wangon aim to improve achievement, improve students' abilities, and improve students' skills in playing volleyball. Weight training will train muscle contractions, during weight training muscle contractions that occur are isotonic muscle contractions. The author is interested in making a weight-pulling exercise model in the form of used tires. The advantages of used tires are used as training media because used tires are easy to find and obtain. The use of used tires as an exercise can reduce the waste of used tires around the SMA Negeri 1 Wangon environment.

Methodology: This study uses a Pre-Experimental Design. The research was conducted in July 2022. Data analysis used prerequisite tests in the form of normality and homogeneity. then the proof of the hypothesis using the Paired Sample t-Test.

Research results: The results showed that the p value = 0.000 < 0.05, there fore was a difference between the pretest and posttest data.

Conclusion: The exercise of pulling used tires has an effect on leg muscle strength. The limitations of this study are that there are no comparison variables and the researcher cannot control other factors that may affect the test results, such as body condition, psychological factors and so on.

Keywords: Volleyball, leg muscle strength, tire pulling exercise

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