

ABSTRAK

PENGARUH LATIHAN *FOOTWORK* MENGGUNAKAN *MASSED PRACTICE* DAN *DISTRIBUTED PRACTICE* TERHADAP PENINGKATAN KELINCAHAN PADA EKSTRAKURIKULER BULUTANGKIS SMA NEGERI 1 JATILAWANG

Latar Belakang: Berdasarkan observasi serta wawancara pada pembina saat kegiatan ekstrakurikuler berlangsung, peneliti menemukan suatu permasalahan yaitu kurangnya kelincahan dalam keterampilan *footwork* pada saat bermain bulutangkis, hanya beberapa siswa yang memiliki kelincahan dalam keterampilan *footwork*. 33

Metodologi: Penelitian ini menerapkan metode eksperimen dengan *Two Group Pretest Posttest Design*. Penentuan sampel menggunakan teknik *total Sampling*, penelitian ini melibatkan 20 siswa sebagai sampel. Teknik analisis uji normalitas, uji homogenitas, serta uji hipotesis menggunakan *uji paired sample t-test* dan *uji independent t-test*. 44

Hasil Penelitian: Analisis data menggunakan *uji paired sample t-test* pada *pre test* dan *post test* menunjukkan bahwa kelompok A serta kelompok B memiliki nilai signifikansi 0,001 dan 0,000. Selain itu, hasil analisis menggunakan *uji independent t-test* yang didapat dari hasil *post-test* kedua kelompok, menunjukkan nilai signifikansi sebesar 0,043, yang menunjukkan bahwa ada perbedaan yang signifikan dalam masing-masing kelompok. 65

Kesimpulan: Berdasarkan hasil penelitian *uji paired sample t-test* menunjukkan bahwa nilai t untuk kelompok *massed practice* $5,089 < 12,237$ kelompok *distributed practice*, metode latihan *distributed practice* lebih memiliki pengaruh yang signifikan terhadap peningkatan kelincahan dalam penelitian ini. 40

Kata kunci: *Footwork*, Kelincahan, *Massed Practice*, *Distributed Practice* 9

ABSTRACT

THE EFFECT OF FOOTWORK TRAINING USING MASSED PRACTICE AND DISTRIBUTED PRACTICE ON IMPROVING AGILITY IN BADMINTON EXTRACURRICULAR SENIOR HIGH SCHOOL 1 JATILAWANG

Background: Based on observations and interviews with coaches during extracurricular activities, researchers found a problem, namely the lack of agility in footwork skills when playing badminton, only a few students have agility in footwork skills.

Methodology: This research applied experimental method with Two Group Pretest Posttest Design. Determination of the sample using total sampling technique, this study involved 20 students as samples. The analysis technique used normality test, homogeneity test, and hypothesis testing using paired sample t-test and independent t-test.

Research Results: Data analysis using paired sample t-test on pre-test and post-test showed that group A and group B had significance values of 0.001 and 0.000. In addition, the results of the analysis using the independent t-test obtained from the post-test results of the two groups, showed a significance value of 0.043, which indicates that there is a significant difference in each group.

Conclusion: Based on the results of the paired sample t-test research, it shows that the t value for the massed practice group is $5.089 < 12.237$ for the distributed practice group, the distributed practice training method has a more significant effect on increasing agility in this study.

Keywords: *Footwork, Agility, Massed Practice, Distributed Practice*