ABSTRAK

PENGARUH LATIHAN *PLYOMETRICS* TERHADAP KECEPATAN TENDANGAN *DOLLYO CHAGI* DIBANYUMAS *TAEKWONDO CLUB*

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Latar Belakang: Kecepatan tendangan *Dollyo Chagi* merupakan elemen krusial dalam *Taekwondo*, terutama dalam pertandingan. Observasi menunjukkan kurang optimalnya kecepatan tendangan atlet Banyumas *Taekwondo Club* yang berdampak pada hasil kompetisi. Oleh karena itu, penelitian ini dilakukan untuk mengetahui pengaruh latihan *Plyometrics* terhadap peningkatan kecepatan tendangan Dollyo Chagi.

Metodologi Penelitian: Penelitian ini menggunakan desain Eksperimen *One-Group Pretest-Posttest*. Sampel terdiri dari 10 atlet Banyumas *Taekwondo Club* berusia 14–17 tahun, dipilih menggunakan metode *purposive sampling*. Latihan *Plyometrics* dilakukan selama 14 pertemuan dalam lima minggu. Data kecepatan tendangan diukur sebelum (pretest) dan setelah (posttest) perlakuan menggunakan instrumen milik Jati, (2016) yang telah tervalidasi. Analisis data untuk uji normalitas menggunakan *Shapiro Wilk*, Uji homogenitas menggunakan Uji *Levene*, dan Uji hipotesis menggunakan uji *Paired Sample T-test*.

Hasil Penelitian: Hasil analisis statistik menunjukkan adanya peningkatan signifikan pada kecepatan tendangan *Dollyo Chagi*, pada hasil *post-test* sebanyak 60% (6 atlet) mencapai kategori sangat baik, 30% (3 atlet) masuk kategori baik, dan 10% (1 atlet) masuk kategori sedang. Rata-rata *pretest* 6,13 detik, rata-rata *posttest* 4,34 detik, menunjukan adanya peningkatan kecepatan sebesar 1,39 detik.

Kesimpulan: Pada hasil uji hipotesis menunjukan $p < 0,05$, artinya latihan *plyometrics* terbukti efektif meningkatkan kecepatan tendangan *Dollyo Chagi* pada atlet Banyumas *Taekwondo Club*. Hasil ini dapat dijadikan dasar pengembangan program latihan bagi pelatih dan atlet *Taekwondo*.

Kata Kunci: *Plyometrics*, Kecepatan Tendangan, *Dollyo Chagi*, *Taekwondo*.

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ABSTRACT

THE EFFECT OF *PLYOMETRICS* TRAINING ON DOLLYO CHAGI KICK SPEED IN BANYUMAS *TAEKWONDO* CLUB

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Background: The speed of the Dollyo Chagi kick is a crucial element in *Taekwondo*, especially during competitions. Observations revealed that the Dollyo Chagi kick speed of athletes in Banyumas *Taekwondo* Club was suboptimal, affecting competition outcomes. Therefore, this study aimed to know the effect of *Plyometrics* training on improving the speed of the Dollyo Chagi kick.

Methodology: This study employed a One-Group Pretest-Posttest Experimental Design. The sample consisted of 10 athletes from the Banyumas Taekwondo Club, aged 14–17 years, selected using purposive sampling. Plyometric training was conducted over 14 sessions within five weeks. Kick speed data were measured before (pretest) and after (posttest) the intervention using a validated instrument developed by Jati, (2016). Data analysis included the Shapiro-Wilk test for normality, Levene's test for homogeneity, and the Paired Sample T-test for hypothesis testing.

Research Results: The results of statistical analysis show a significant increase in kick speed Dollyo Chagi, on the results post-test as many as 60% (6 athletes) achieved the very good category, 30% (3 athletes) entered the good category, and 10% (1 athlete) entered the medium category. Average pretest 6.13 seconds, avg posttest 4.34 seconds, showing an increase of 2.21 seconds.

Conclusion: The results of the hypothesis test show $p < 0.05$, meaning practice plyometrics proven effective in increasing kick speed Dollyo Chagi in Banyumas athletes Taekwondo Club. These results can be used as a basis for developing training programs for coaches and athletes Taekwondo.

Keywords: *Plyometrics*, Kick Speed, Dollyo Chagi, *Taekwondo*.

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