

ABSTRAK

PENGARUH METODE LATIHAN *PLYOMETRIC STAIR JUMP* DAN *LOW HURDLE JUMP* TERHADAP AKSELERASI SISWA EKSTRAKURIKULER ATLETIK SMA NEGERI 4 PURWOKERTO

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Latar Belakang: Olahraga atletik khususnya 100 meter merupakan salah satu nomor lari jarak pendek (*sprint*). Daya ledak otot tungkai mempunyai pengaruh dalam peningkatan kecepatan akselerasi pada lari *sprint* 100 meter. Jenis latihan *plyometric stair jump* dan *low hurdle jump* memiliki karakteristik gerakan yang cepat dan kuat dengan arah kedepan. Hal ini sesuai dengan gerakan saat melakukan akselerasi pada lari *sprint* 100 meter. Maka dari itu penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric stair jump* dan *low hurdle jump* terhadap akselerasi siswa.

Metodologi: Penelitian ini menggunakan metode eksperimen dengan *two group pretest posttest design* dan pembagian kelompok menggunakan rumus A-B-B-A. penentuan sampel menggunakan *purposive sampling*. Sampel pada penelitian ini berjumlah 30 siswa laki-laki ekstrakurikuler atletik SMA N 4 Purwokerto.

Hasil Penelitian: Latihan *plyometrics stair jump* signifikan meningkatkan akselerasi siswa atletik SMA N 4 Purwokerto (sig. 0,043 < 0,05). Latihan *plyometrics low hurdle jump* signifikan meningkatkan akselerasi siswa atletik SMA N 4 Purwokerto (sig. 0,026 < 0,05). Kemudian tidak terdapat perbedaan peningkatan akselerasi yang signifikan antara latihan *plyometric stair jump* dan *low hurdle jump* pada siswa atletik SMA N 4 Purwokerto (sig. 0,896 > 0,05).

Kesimpulan: Latihan *plyometrics stair jump* berpengaruh terhadap akselerasi siswa ekstrakurikuler atletik SMA N 4 Purwokerto. Latihan *plyometrics low hurdle jump* berpengaruh terhadap akselerasi siswa ekstrakurikuler atletik SMA N 4 Purwokerto. Tidak terdapat perbedaan peningkatan yang signifikan antara latihan *plyometrics stair jump* dan *low hurdle jump* terhadap akselerasi siswa ekstrakurikuler atletik SMA N 4 Purwokerto.

Kata Kunci: Atletik, *Plyometrics stair jump*, *Plyometrics low hurdle jump*

ABSTRACT

THE INFLUENCE OF PLYOMETRIC STAIR JUMP AND LOW HURDLE JUMP TRAINING METHODS ON THE ACCELERATION OF ATHLETIC EXTRACURRICULAR STUDENTS AT SMA NEGERI 4 PURWOKERTO

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Background: Athletics, especially 100 meters, is one of the short-distance running (*sprint*) events. The explosive power of the leg muscles has an influence on increasing acceleration speed in the 100 meter *sprint*. The types of plyometric stair jump and low hurdle jump exercises have characteristics of fast and strong movements in the forward direction. This is in accordance with the movement when accelerating in the 100 meter *sprint*. Therefore, this study aims to determine the effect of plyometric stair jump and low hurdle jump exercises on student acceleration.

Methodology: This research uses an experimental method with two group *pretest posttest* design and group division using the formula A-B-B-A. Sample determination using purposive sampling. The sample in this study consists of 30 extracurricular male students in athletics SMA N 4 Purwokerto. Analisis data pada uji normalitas menggunakan uji *Shapiro wilk*, uji homogenitas menggunakan uji *Levene*, uji hipotesis menggunakan uji *Paired Sampel T-Test* dan *Independent Sampel T-Test*.

Research Results: Plyometric stair jump training significantly increases the acceleration of athletic students at SMA N 4 Purwokerto (sig. 0.043 < 0.05). Plyometric low hurdle jump training significantly increases the acceleration of athletic students at SMA N 4 Purwokerto (sig. 0.026 < 0.05). There is no significant difference in the increase in acceleration between plyometric stair jump and low hurdle jump training for athletic students at SMA N 4 Purwokerto (sig. 0.896 > 0.05).

Conclusion: Plyometric stair jump exercises have an effect on the acceleration of extracurricular athletics students at SMA N 4 Purwokerto. Plyometric low hurdle jump exercises have an effect on the acceleration of extracurricular athletics students at SMA N 4 Purwokerto. There is no significant difference in the improvement of acceleration between plyometric stair jump and low hurdle jump exercises for extracurricular athletics students at SMA N 4 Purwokerto.

Keywords: Athletics, *Plyometrics stair jump*, *Plyometrics low hurdle jump*