

ABSTRAK

PENGARUH LATIHAN *RESISTANCE BAND* TERHADAP PENINGKATAN *POWER* OTOT TUNGKAI PESERTA EKSTRAKURIKULER BOLA VOLI SMA PONDOK PESANTREN MODERN ZAM-ZAM

Latar Belakang: Berdasarkan hasil observasi awal, kemampuan vertical jump peserta ekstrakurikuler bola voli di SMA Pondok Pesantren Modern Zam-Zam masih berada pada kategori sedang, sehingga memerlukan program latihan khusus untuk meningkatkan power otot tungkai. Salah satu metode yang dapat digunakan adalah latihan squat jump dengan resistance band yang terbukti efektif meningkatkan daya ledak otot.

Metodologi Penelitian: Penelitian ini menggunakan metode eksperimen dengan desain *Pretest-Posttest Control Group Design*. Sampel penelitian berjumlah 34 peserta, dibagi menjadi dua kelompok, yaitu kelompok perlakuan dan kelompok kontrol, dengan teknik *purposive sampling* dan pembagian menggunakan metode ordinal pairing. Instrumen pengukuran menggunakan *vertical jump test*, dan data dianalisis menggunakan SPSS versi 25 melalui uji normalitas, uji homogenitas, dan uji hipotesis dengan *Paired Sample T-Test* dan *Independent Sample T-Test*.

Hasil Penelitian: Hasil uji *Paired Sample T-Test* pada kelompok perlakuan menunjukkan nilai signifikansi sebesar 0,000, yang berarti terdapat peningkatan power otot tungkai yang signifikan setelah diberikan latihan resistance band. Kelompok perlakuan mengalami peningkatan sebesar 11,11%, sedangkan kelompok kontrol hanya meningkat sebesar 4,5%.

Kesimpulan: Terdapat pengaruh signifikan latihan resistance band terhadap peningkatan power otot tungkai peserta ekstrakurikuler bola voli SMA Pondok Pesantren Modern Zam-Zam.

Kata Kunci: Bola Voli, Resistance Band, Power Otot Tungkai, Vertical Jump.

ABSTRACT

THE EFFECT OF RESISTANCE BAND TRAINING ON INCREASING LEG MUSCLE POWER FOR VOLLEYBALL EXTRACURRICULAR PARTICIPANTS AT PONDOKMODERN ZAM-ZAM BOARDING SCHOOL

Background: Based on the results of preliminary observations, the vertical jump ability of volleyball extracurricular participants at SMA Pondok Pesantren Modern Zam-Zam is still in the moderate category, so it requires a special training program to increase leg muscle power. One method that can be used is squat jump training with resistance bands which has proven effective in increasing muscle explosive power.

Research Methodology: This study used an experimental method with a Pretest-Posttest Control Group Design. The research sample amounted to 34 participants, divided into two groups, namely the treatment group and the control group, using purposive sampling technique and division using the ordinal pairing method. The measurement instrument used the vertical jump test, and the data was analyzed using SPSS version 25 through normality test, homogeneity test, and hypothesis testing with Paired Sample T-Test and Independent Sample T-Test.

Research Results: The results of the Paired Sample T-Test test in the treatment group showed a significance value of 0.000, which means there was a significant increase in leg muscle power after being given resistance band training. The treatment group experienced an increase of 11.11%, while the control group only increased by 4.5%.

Conclusion: There is a significant effect of resistance band training on increasing leg muscle power for volleyball extracurricular participants at Zam-Zam Modern Islamic Boarding School.

Keywords: Volleyball, Resistance Band, Limb Muscle Power, Vertical Jump.

