

PERBEDAAN PENGARUH LATIHAN *PLYOMETRIC DOUBLE LEG TUCK JUMP* DI PASIR DAN TANAH TERHADAP *POWER* OTOT TUNGKAI SISWA EKSTRAKURIKULER BOLA VOLI PUTRA SMA/SMK NEGERI DI PURWOKERTO

Abstrak

Latar belakang: Pembinaan pelatih bola voli memiliki peluang yang besar untuk mendapat kejuaraan karena dibina oleh pelatih voli secara langsung, Pembinaan pelatihan tersebut seharusnya kualitas pembibitan atlet dapat dimaksimalkan. Salah satu latihan yang dapat menunjang keberhasilan pembinaan pelatihan yaitu latihan *plyometric double leg tuck jump*.

Tujuan penelitian: Untuk menganalisis perbedaan pengaruh latihan *plyometric double leg tuck jump* di pasir dan tanah terhadap *power* otot tungkai siswa ekstrakurikuler bola voli putra SMA/SMK Negeri di Purwokerto.

Metodelogi : Desain penelitian ini menggunakan eksperimen semu (*Quasi Experiment*) dengan rancangan *two groups pretest-posttest design*. Teknik pengambilan sampling adalah *ordinal sampling* sebanyak 24 siswa. Instrumen dalam penelitian ini yaitu *vertical jump test*. Analisis data menggunakan uji *t test* dan uji *independent t test*.

Hasil penelitian: Hasil uji *t test power* otot tungkai responden sebelum dan sesudah latihan *plyometric double leg tuck jump* menunjukkan hasil yang sama sebesar $p=0,000$. Sedangkan hasil uji *independent t test* terhadap rerata *power* otot tungkai antar kelompok tanah dan pasir menunjukkan $p=0,000$.

Kesimpulan: Terdapat perbedaan skor *power* otot tungkai yang signifikan saat sebelum dan sesudah latihan *plyometric double leg tuck jump* di pasir sebesar 18,4%, terdapat perbedaan skor *power* otot tungkai yang signifikan saat sebelum dan sesudah latihan *plyometric double leg tuck jump* di tanah 9% dan terdapat perbedaan yang signifikan antara skor *power* kelompok pasir dan tanah sebesar 9,4%.

Kata kunci: Latihan *plyometric double leg tuck jump*, pasir, *power*, tanah.

**THE DIFFERENT EFFECT EXERCISE PLYOMETRIC DOUBLE LEG
TUCK JUMP BETWEEN THE SAND AND GROUND ON THE POWER
LIMB MUSCLES STUDENTS VOLLEYBALL'S EXTRACURRICULAR
SENIOR HIGH SCHOOL/STATE VOCATIONAL SCHOOLS IN
PURWOKERTO**

The background: The development coach volley ball having a big championship to obtain because were coached by volley coach directly , development that the training was supposed to be the quality of breeding an athlete can be maximized. Exercise plyometric double leg tuck jump can increase the development coach volley.

Research objectives: This research identified the different effect the exercise of plyometric double tuck leg jump between the sand and ground media on power limb muscles students volleyball's extracurricular senior high school / state vocational schools in purwokerto

Methodology: The research used quasi-experiment with two groups pretest-postest group design. Ordinal pairing as the sampling techniques took 24 students as the samples. Vertical jump test as the research instrumen. Analyse the data used Paired t and independent t tests.

Results: The Paired t test showed the before and after respondent power limb muscles about the exercise of plyometric double tuck leg jump between the sand and ground media in the value results as much as $p = 0,000$. Whereas, the result from independent t test on the avarage power limb muscles between the ground and sand groups showed $p = 0,000$.

Conclusion: Before and after the exercise of plyometric double tuck leg jump give significant score power limb muscles differences in sand of 18,4%, before and after the exercise of plyometric double tuck leg jump give significant score power limb muscles differences in ground of 9%, and both of the ground and sand groups have significant score power limb muscles of 9,4%.

Keywords: exercise plyometric double leg tuck jump, sand, power, the ground

Education Physical, Health And Recreation Student, Health Sciences Faculty,
Jenderal Soedirman University.