

ABSTRAK

PERBANDINGAN LATIHAN VISUALISASI *DRILL* DAN LATIHAN INTERAKTIF *DRILL* TERHADAP KETEPATAN *SMASH* BULU TANGKIS PADA PB SONE LAMPUNG SELATAN

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan Visualisasi Drill dan Interaktif Drill serta membandingkan efektivitas kedua metode latihan terhadap ketepatan smash bulu tangkis pada atlet PB SONE Lampung Selatan. Metode penelitian yang digunakan adalah eksperimen dengan desain two groups pretest-posttest design. Sampel penelitian berjumlah 30 atlet yang dibagi ke dalam dua kelompok, masing-masing terdiri atas 15 atlet. Instrumen penelitian menggunakan tes ketepatan smash bulu tangkis. Analisis data meliputi uji normalitas, uji homogenitas, dan uji hipotesis menggunakan regresi linear sederhana serta independent sample t-test pada taraf signifikansi 0,05. Hasil penelitian menunjukkan bahwa latihan Visualisasi Drill memberikan pengaruh yang signifikan terhadap peningkatan ketepatan smash dengan nilai signifikansi sebesar $0,018 < 0,05$. Latihan Interaktif Drill juga memberikan pengaruh yang signifikan terhadap peningkatan ketepatan smash dengan nilai signifikansi sebesar $0,000 < 0,05$. Selain itu, hasil uji independent sample t-test menunjukkan terdapat perbedaan yang signifikan antara kedua metode latihan dengan nilai t hitung sebesar $3,633 > t$ tabel sebesar 2,048 dan nilai signifikansi sebesar $0,001 < 0,05$. Program latihan dilaksanakan selama 8 minggu dengan frekuensi 3 kali per minggu. Berdasarkan hasil penelitian dapat disimpulkan bahwa kedua metode latihan berpengaruh signifikan terhadap peningkatan ketepatan smash bulu tangkis. Namun, latihan Interaktif Drill lebih efektif dibandingkan latihan Visualisasi Drill dalam meningkatkan ketepatan smash atlet PB SONE Lampung Selatan.

Kata Kunci: Visualisasi *Drill*, Interaktif *Drill*, Ketepatan *Smash*, Bulu Tangkis.

ABSTRACT

THE COMPARISON OF VISUALIZATION DRILL TRAINING AND INTERACTIVE DRILL TRAINING ON BADMINTON SMASH ACCURACY AT PB SONE SOUTH LAMPUNG

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This study aimed to determine the effects of Visualization Drill and Interactive Drill training methods and to compare the effectiveness of both methods in improving badminton smash accuracy among athletes of PB SONE South Lampung. The research employed an experimental method with a two-group pretest-posttest design. The sample consisted of 30 athletes who were divided into two groups, with 15 athletes in each group. The research instrument used was a badminton smash accuracy test. Data were analyzed using normality and homogeneity tests, while hypothesis testing was conducted using simple linear regression and an independent sample t-test at a significance level of 0.05. The results showed that Visualization Drill training had a significant effect on improving smash accuracy, with a significance value of $0.018 < 0.05$. Interactive Drill training also had a significant effect on improving smash accuracy, with a significance value of $0.000 < 0.05$. Furthermore, the results of the independent sample t-test indicated a significant difference between the two training methods, with a t-value of 3.633 greater than the t-table value of 2.048 and a significance value of $0.001 < 0.05$. The training program was conducted for eight weeks with a frequency of three sessions per week. Based on the findings, it can be concluded that both training methods significantly improved badminton smash accuracy. However, the Interactive Drill training method was more effective than the Visualization Drill training method in enhancing the smash accuracy of PB SONE South Lampung athletes.

Keywords: *Visualization Drill, Interactive Drill, Smash Accuracy, Badminton.*