

## ABSTRAK

### PENGARUH LATIHAN *PLYOMETRIC HURDLE HOPPING* DAN *DEPTH JUMP* TERHADAP *POWER* OTOT TUNGKAI SISWA SMP NEGERI 8 BANDAR LAMPUNG TAHUN 2019

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Penelitian ini bertujuan untuk mengetahui besarnya pengaruh latihan *plyometric hurdle hopping* dan *depth jump* terhadap peningkatan *power* tungkai pada siswa SMPN 8 Bandar Lampung yang mengikuti ekstrakurikuler basket. Penelitian ini menggunakan metode eksperimen. Sampel berjumlah 15 siswa *hurdle hopping* dan 15 siswa *depth jump*. Data *power* tungkai melalui *vertical jump test*. Teknik analisis data menggunakan uji t. Berdasarkan hasil analisis menunjukkan bahwa ada pengaruh yang signifikan *plyometric hurdle hopping* dan *depth jump* terhadap *power* tungkai pada siswa, yaitu  $t \text{ hitung} > t \text{ tabel}$  ( $2,161 > 2,048$ ) dan Nilai Sig. (2-tailed) ( $0,039 < 0,05$ ). Kesimpulan pada penelitian ini ada perbedaan pengaruh yang signifikan antara latihan *Plyometric Hurdle Hopping* dan *Depth Jump* terhadap peningkatan *power* tungkai pada siswa.

**Kata kunci :** *depth jump, hurdle hopping, latihan, plyometric, power tungkai.*

## **ABSTRACT**

### **PENGARUH INFLUENCE OF EXERCISE PLYOMETRIC HURDLE HOPPING AND DEPTH JUMP TO MUSCLE POWER LEG OF JUNIOR HIGH SCHOOL STUDENTS 8 BANDAR LAMPUNG YEAR 2019**

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The aims of the research is to know the amount of influence plyometric hurdle hopping and depth jump practice to increase leg muscle power students of SMP Negeri 8 Bandar Lampung which take basketball extracurricular. This research used metode of experiment. There are 15 students as sample of each hurdle hopping and depth jump. The data of leg muscle power are acquired from vertical jump test. The data analysis technique using independent samples t-test. The result of data analysis shows that there are significant influence of plyometric hurdle hopping and depth jump to leg the students muscle power, t-value  $>$  t-table ( $2.161 > 2.048$ ) and the value of sig (2-tailed) ( $0.039 < 0.05$ ). The conclusion of this research is there are any significant influence between plyometric hurdle hopping and depth jump practice to increase students leg muscle power.

**Keyword:** depth jump, hurdle hopping, leg muscle power, plyometric, practice.