

ABSTRAK

PENGARUH LATIHAN KETEPATAN DAN LATIHAN KEKUATAN OTOT LINGGIAN TERHADAP PENINGKATAN HASIL *SHOOTING THREE POINT* PADA SISWI EKTRAKURIKULER BOLABASKET DI SMA NEGERI 1 GEDONG TATAAN

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Tujuan dalam penelitian ini adalah untuk mengetahui: (1) pengaruh latihan ketepatan terhadap peningkatan hasil *shooting three point* (2) pengaruh latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point* (3) perbedaan pengaruh antara latihan ketepatan dan latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point* pada siswi ekstrakurikuler bola basket di SMAN 1 gedong tataan.

Metode penelitian yang digunakan adalah metode eksperimen. Sampel yang digunakan sebanyak 20 siswi. Pembagian sampel menggunakan teknik *ordinal pairing* dengan 10 siswi untuk kelompok latihan ketepatan dan 10 siswi untuk latihan kekuatan otot lengan. Instrumen penelitian yang digunakan yaitu tes *shooting three point* sebanyak 15 kali. Dan untuk teknik analisis data nya menggunakan data dengan menggunakan uji normalitas, uji homogenitas, dan uji pengaruh.

Hasil penelitian menunjukkan (1) Ada pengaruh yang signifikan pada latihan ketepatan terhadap peningkatan hasil *shooting three point* siswi ekstrakurikuler bola basket di SMA Negeri 1 Gedong Tataan. Dengan hasil uji t taraf signifikan (0,05) diperoleh nilai t hitung (6,848) > t tabel (1,833) (2) Ada pengaruh yang signifikan pada latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point* siswi ekstrakurikuler bola basket di SMA Negeri 1 Gedong Tataan. Dengan hasil uji t taraf signifikan (0,05) diperoleh nilai t hitung (10,138) > t tabel (1,833) (3) Tidak ada perbedaan yang signifikan antara latihan ketepatan dan latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point* siswi ekstrakurikuler bola basket di SMA Negeri 1 Gedong Tataan. Dengan analisis data pengujian 2 sisi (signifikan = 0,05) diperoleh nilai t hitung (0,733) < t tabel (1,734).

Kata Kunci : Latihan, Ketepatan, Kekuatan Otot Lengan, Bola Basket, *Shooting Three Point*.

ABSTRACT

EFFECT OF PRECISION TRAINING AND MUSCLE STRENGTH TRAINING ARMS TOWARD IMPROVED SHOOTING THREE RESULTS POINT ON BASKETBALL EXTRACURRICULAR STUDENTS IN SMA NEGERI 1 GEDONG TATAAN

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The aims of this study were to find out: (1) the effect of precision training on increasing three-point shooting results (2) the effect of arm muscle strength training on increasing three-point shooting results (3) the difference in effect between precision training and arm muscle strength training on improving results shooting three points on extracurricular basketball students at SMAN 1 Gedong Tataan.

The research method used is the experimental method. The sample used was 20 female students. The distribution of the sample used the ordinal pairing technique with 10 female students for the precision training group and 10 female students for arm muscle strength training. The research instrument used was the three-point shooting test 15 times. And for data analysis techniques using data using normality tests, homogeneity tests, and influence tests.

The results of the study showed (1) there was a significant effect of precision training on the improvement of three-point shooting results for female basketball extracurricular students at SMA Negeri 1 Gedong Tataan. With the results of the t test at a significant level (0.05) the value of t count (6.848) > t table (1.833) (2) There is a significant effect on arm muscle strength training on increasing the results of three point shooting by extracurricular basketball students at SMA Negeri 1 Gedong Tataan. With the results of the t test at a significant level (0.05) the value of t count (10.138) > t table (1.833) (3) There is no significant difference between precision training and arm muscle strength training on the increase in three-point shooting results for female basketball extracurricular students at SMA Negeri 1 Gedong Tataan. With the analysis of 2-sided test data (significant = 0.05) the value of t count (0.733) < t table (1.734) is obtained.

Keywords: : *Training, Accuracy, Arm Muscle Strength, Basketball, Three Point Shooting*