

ABSTRAK

PENGARUH LATIHAN DAYA LEDAK OTOT TUNGKAI DAN LATIHAN KECEPATAN REAKSI TERHADAP TENDANGAN *MAE GERI* PADA ATLET *CADET* PUTRI GK *TEAM* KABUPATEN TANGGAMUS

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Tujuan penelitian ini adalah untuk mengetahui: (1) pengaruh latihan daya ledak otot tungkai terhadap tendangan *mae geri* (2) pengaruh latihan kecepatan reaksi terhadap tendangan *mae geri* (3) latihan mana yang lebih berpengaruh terhadap tendangan *mae geri* pada atlet *cadet* putri GK *Team* Kabupaten Tanggamus. Metode penelitian yang digunakan adalah metode eksperimen. Sampel yang digunakan berjumlah 20 orang yang kemudian dibagi menjadi kelompok latihan daya ledak otot tungkai dan kelompok latihan kecepatan reaksi dengan menggunakan teknik ordinal pairing. Instrumen penelitian yang digunakan yaitu tes tendangan *mae geri* sebanyak 3 kali kemudian dihitung waktu pelaksanaannya. Teknik analisis data yang digunakan adalah uji normalitas dan uji homogenitas. Hasil penelitian menunjukkan (1) ada pengaruh dari latihan daya ledak otot tungkai terhadap tendangan *mae geri* atlet *cadet* putri GK *Team* Kabupaten Tanggamus. Dengan hasil uji t taraf signifikan 0,05 diperoleh nilai t hitung 4,460 > t table 1,833 (2) ada pengaruh dari latihan kecepatan reaksi terhadap tendangan *mae geri* atlet *cadet* putri GK *Team* Kabupaten Tanggamus. Dengan hasil uji t taraf signifikan 0,05 diperoleh nilai t hitung 7,230 > t tabel 1,833 (3) latihan kecepatan reaksi persentase peningkatannya sebesar 0,029% > latihan daya ledak otot tungkai 0,024%.

Kata kunci: Latihan, Daya Ledak Otot Tungkai, Kecepatan Reaksi, Tendangan *Mae geri*.

ABSTRACT

**THE EFFECT OF LEG MUSCLE EXPLOSIVE POWER TRAINING
AND REACTION SPEED TRAINING ON MAE GERI KICKS ON
FEMALE CADET ATHLETES FROM GK TEAM OF
TANGGAMUS REGENCY
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The aim of this research was to determine: (1) the effect of leg muscle explosive power training on mae geri kicks (2) the effect of reaction speed training on mae geri kicks (3) which exercises have more influence on mae geri kicks in female cadet athletes from GK Team of Tanggamus Regency. The research method used is the experimental method. The sample used was 20 people who were then divided into a leg muscle explosive power training group and a reaction speed training group using the ordinal pairing technique. The research instrument used was the 3 times mae geri kicks test and then the implementation time was calculated. The data analysis technique used is the normality test and homogeneity test. The results of the research show (1) there is an influence of leg muscle explosive power training on the mae geri kicks of female cadet athletes from the GK Team of Tanggamus Regency. With the results of the t test at a significant level 0.05, the calculated t value was 4.46 > t table 1.833 (2) there was an influence of reaction speed training on the mae geri kicks of the female cadet athletes from GK Team of Tanggamus Regency. With the results of the t test at a significant level (0.05), the calculated t value was 7.230 > t table 1.833 (3) reaction speed training increased the percentage by 0.029% > leg muscle explosive power training 0.024%.

Keywords: *Training, Leg Muscle Explosive Power, Reaction Speed, Mae geri Kick.*