

ABSTRAK

PENGARUH LATIHAN *PLYOMETRIC* DAN KEKUATAN OTOT TANGAN TERHADAP PENINGKATAN HASIL *SHOOTING THREE POINT* SISWA EKSTRAKURIKULER BOLA BASKET SMP NEGERI 28 BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric* dan kekuatan otot lengan terhadap hasil *shooting three point* siswa ekstrakurikuler bola basket SMP Negeri 28 Bandar Lampung. Metode dalam penelitian ini menggunakan metode eksperimen dengan rancangan *two groups pretest-posttest design*. Sampel pada penelitian ini yaitu siswa ekstrakurikuler bola basket di SMP Negeri 28 Bandar Lampung yang berjumlah 30 orang yang dibagi menjadi dua kelompok. Penelitian ini menggunakan *ordinal pairing* yaitu kelompok 1 perlakuan latihan *plyometric* dan kelompok 2 latihan kekuatan otot lengan. Instrumen dalam *shooting three point* dengan tes tembakan tiga sudut di antaranya 0°, 45°, dan 90°. Teknik analisis data menggunakan uji prasyarat normalitas dan uji homogenitas, sedangkan uji hipotesis menggunakan analisis uji-t. Hasil penelitian yang telah dilakukan maka dapat diambil suatu kesimpulan bahwa: 1) Ada pengaruh yang signifikan dari latihan *plyometric* terhadap peningkatan hasil *shooting three point*, dengan nilai $t_{hitung} = 5,123 > t_{tabel} = 2,145$. 2) Ada pengaruh signifikan dari latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point*, dengan nilai $t_{hitung} = 10,458 > t_{tabel} = 2,145$. 3) Tidak ada perbedaan pengaruh yang signifikan dari latihan *plyometric* dan latihan kekuatan otot lengan terhadap peningkatan hasil *shooting three point*, dengan nilai $t_{hitung} = 0,674 < t_{tabel} = 2,048$.

Kata Kunci: latihan, kekuatan otot lengan, *plyometric*, *shooting three point*

ABSTRACT

THE EFFECT OF PLYOMETRIC TRAINING AND ARM MUSCLE STRENGTH TRAINING ON THE THREE-POINT SHOOTING RESULTS OF BASKETBALL EXTRACURRICULAR STUDENTS AT SMP NEGERI 28 BANDAR LAMPUNG

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This study aims to determine the effect of plyometric training and arm muscle strength on the three-point shooting results of basketball extracurricular students at SMP Negeri 28 Bandar Lampung. The method in this research uses an experimental method with a two groups pretest-posttest design. The sample in this study was 30 basketball extracurricular students at SMP Negeri 28 Bandar Lampung who were divided into two groups. This study used ordinal pairing, namely group 1 was treated with plyometric training and group 2 received arm muscle strength training. Instruments for three point shooting with three angle shooting tests including 0°, 45° and 90°. The data analysis technique uses the prerequisite normality test and homogeneity test, while hypothesis testing uses t-test analysis. From the results of the research that has been carried out, a conclusion can be drawn that: 1) There is a significant effect of plyometric training on improving three-point shooting results, with a value of $t_{count} = 5.123 > t_{table} = 2.145$. 2) There is a significant effect of arm muscle strength training on improving three-point shooting results, with a value of $t = 10.458 > t_{table} = 2.145$. 3) There is no significant difference in the effect of plyometric training and arm muscle strength training on improving three-point shooting results, with a value of $t_{count} = 0.674 < t_{table} = 2.048$.

Keywords: *training, arm muscle strength, plyometrics, three point shooting.*