

ABSTRAK

PENGARUH METODE LATIHAN *PLYOMETRIC HURDLE HOPS JUMP* DAN *BOX JUMP* TERHADAP DAYA LEDAK OTOT TUNGKAI DAN KETERAMPILAN *BLOCKING* SISWA PUTRA EKSTRAKURIKULER BOLA VOLI SMK NEGERI 4 BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui pengaruh metode latihan *plyometric hurdle hops jump* dan *box jump* terhadap daya ledak otot tungkai dan keterampilan *blocking* pada siswa putra ekstrakurikuler bola voli SMK Negeri 4 Bandar Lampung. Metode penelitian yang digunakan adalah eksperimen komparatif. Sampel penelitian terdiri dari 30 siswa terbagi menjadi dua kelompok menggunakan teknik *ordinal fairing*. Analisis data menggunakan uji prasyarat dan uji t. Hasil data penelitian ini menunjukkan bahwa (1) Ada pengaruh yang signifikan dari kelompok *hurdle hops jump* terhadap daya ledak otot tungkai, dengan hasil t_{hitung} sebesar $11,514 > t_{tabel}$ sebesar 2,145 dan terhadap keterampilan *blocking*, dengan hasil t_{hitung} sebesar $17,004 > t_{tabel}$ sebesar 2,145. (2) Ada pengaruh yang signifikan dari kelompok *box jump* terhadap daya ledak otot tungkai, dengan hasil t_{hitung} sebesar $18,563 > t_{tabel}$ sebesar 2,145 dan terhadap keterampilan *blocking*, dengan hasil t_{hitung} sebesar $20,916 > t_{tabel}$ sebesar 2,145. (3) Tidak ada perbedaan yang signifikan antara kelompok *hurdle hops jump* dan *box jump* terhadap daya ledak otot tungkai, diperoleh t_{hitung} sebesar $0,490 < t_{tabel}$ 2,048 dan ada perbedaan yang signifikan antara kelompok *hurdle hops jump* dan *box jump* terhadap keterampilan *blocking* pada siswa putra SMK Negeri 4 Bandar Lampung, diperoleh nilai t_{hitung} sebesar $3,720 > t_{tabel}$ 2,048.

Kata kunci: *plyometric, hurdle hops jump, box jump, daya ledak otot tungkai keterampilan blocking.*

ABSTRACT

THE EFFECT OF HURDLE HOPS JUMP AND BOX JUMP PLYOMETRIC TRAINING METHODS ON LEG MUSCLE EXPLOSIVE POWER AND BLOCKING SKILLS OF MALE STUDENTS OF EXTRACURRICULAR VOLLEYBALL AT STATE VOCATIONAL HIGH SCHOOL 4 BANDAR LAMPUNG

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This study aims to determine the effect of the plyometric hurdle hops jump and box jump training methods on the explosive power of leg muscles and blocking skills of male students of the volleyball extracurricular at SMK Negeri 4 Bandar Lampung. The research method used is a comparative experiment. The research sample consisted of 30 students divided into two groups using the ordinal fairing technique. Data analysis used prerequisite tests and t tests. The results of this research data indicate that (1) There is a significant effect of the hurdle hops jump group on the explosive power of leg muscles, with a t count of 11.514 > t table of 2.145 and on blocking skills, with a t count of 17.004 > t table of 2.145. (2) There is a significant effect of the box jump group on the explosive power of leg muscles, with a t count of 18.563 > t table of 2.145 and on blocking skills, with a t count of 20.916 > t table of 2.145. (3) There is no significant difference between the hurdle hops jump and box jump groups in terms of explosive leg muscle power, the calculated t value is 0.490 < t table 2.048 and there is a significant difference between the hurdle hops jump and box jump groups in terms of blocking skills in male students at State Vocational School 4 Bandar Lampung, the calculated t value is 3.720 > t table 2.048.

Keywords: plyometrics, hurdle jump, box jump, explosive power, blocking skills.