

## ABSTRAK

### **PENGARUH LATIHAN *CIRCUIT TRAINING* TERHADAP HASIL *SHOOTING* PADA SISWA PUTRA EKSTRAKURIKULER FUTSAL DI SMA YP UNILA BANDAR LAMPUNG**

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Penelitian ini bertujuan untuk menguji pengaruh latihan *circuit training* terhadap peningkatan kemampuan *shooting* pada siswa putra ekstrakurikuler futsal di SMA YP Unila, Bandar Lampung. Penelitian ini menggunakan metode desain eksperimen dengan dua kelompok: kelompok eksperimen yang menjalani latihan *circuit training* dan kelompok kontrol yang tidak mendapatkan perlakuan khusus. Setiap kelompok terdiri dari 15 siswa dan dilakukan tes awal serta tes akhir untuk mengukur kemampuan *shooting* sebelum dan setelah perlakuan. Hasil penelitian menunjukkan bahwa ada pengaruh yang signifikan latihan *circuit training* terhadap peningkatan hasil *shooting* pada siswa ekstrakurikuler futsal di SMA YP Unila Bandar Lampung. Hasil Penelitian yang telah dilakukan maka dapat diambil suatu kesimpulan bahwa : 1) Terdapat perbedaan yang signifikan data hasil pre test dan post test kelompok eksperimen dengan nilai  $t_{hitung} = -12,123 < t_{tabel} = 2,145$ . 2) Tidak ada perbedaan yang signifikan data hasil pre test dan post test kelompok kontrol dengan nilai  $t_{hitung} = 1,948 < t_{tabel} = 2,048$ . 3) Ada perbedaan yang signifikan pada pre test dan post test kelompok eksperimen dan kelompok kontrol dengan nilai  $t_{hitung} = 3,637 > t_{tabel} = 2,048$ . Maka dapat disimpulkan bahwa *circuit training* berpengaruh terhadap hasil *shooting* pada siswa.

**Kata kunci:** *circuit training*, *shooting*, futsal

## **ABSTRACT**

### ***THE INFLUENCE OF CIRCUIT TRAINING EXERCISES ON SHOOTING RESULTS IN FUTSAL EXTRACURRICULAR MEN'S STUDENTS AT YP UNILA SMA BANDAR LAMPUNG***

**By**

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*This study aims to examine the effect of circuit training on improving shooting abilities among male extracurricular futsal students at YP Unila High School, Bandar Lampung. This research used an experimental design method with two groups: an experimental group that underwent circuit training exercises and a control group that did not receive special treatment. Each group consisted of 15 students and an initial test and post-test were carried out to measure shooting ability before and after treatment. The results of the research show that there is a significant effect of circuit training on improving shooting results for futsal extracurricular students at SMA YP Unila Bandar Lampung. The results of the research that has been conducted can be concluded that: 1) There is a significant difference in the pre-test and post-test data of the experimental group with a calculated  $t$  value =  $-12.123 < t_{table} = 2.145$ . 2) There is no significant difference in the pre-test and post-test data of the control group with a calculated  $t$  value =  $1.948 < t_{table} = 2.048$ . 3) There is a significant difference in the pre-test and post-test of the experimental group and the control group with a calculated  $t$  value =  $3.637 > t_{table} = 2.048$ . So it can be concluded that circuit training has an effect on shooting results in students.*

**Keywords:** *circuit training, shooting, futsal*