

ABSTRAK

TAUFAN PRA RAMADHAN. 2023. **Perbandingan Pengaruh Latihan Pliometrik Double Leg Barrier Hops Dengan Double Leg Tuck Jump Terhadap Power Otot Tungkai.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk memperoleh informasi tentang perbandingan pengaruh latihan *pliometrik double leg barrier hops* dengan *double leg tuck jump* terhadap *power* otot tungkai pada siswa ekstrakurikuler bola voli MAN 2 Ciamis. Metode penelitian yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain penelitian *pretest-treatment-posttest*. Instrumen yang digunakan dalam penelitian ini adalah *standing broad jump*. Dalam penelitian ini digunakan 24 siswa putra sebagai sampel dari 35 total populasi yang ada, sampel diambil menggunakan teknik *purposive sampling*. Berdasarkan hasil penelitian, diperoleh hasil pengolahan data uji hipotesis dengan menggunakan uji t bahwa t_{hitung} (3,28) lebih besar dari t_{tabel} (2,07) artinya hipotesis penelitian diterima atau hipotesis nol di tolak. Maka latihan *pliometrik double leg tuck jump* lebih baik atau unggul daripada latihan *double leg barrier hops* dalam meningkatkan *power* otot tungkai pada siswa ekstrakurikuler bola voli MAN 2 Ciamis.

Kata Kunci: *Pliometrik, barrier hops, tuck jump, power*

ABSTRACT

TAUFAN PRA RAMADHAN. 2023. *Comparison Of The Effect Of Double Leg Barrier Hops Plyometric Training With Double Leg Tuck Jump On Leg Muscle Power.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to obtain information about the comparative effect of double leg barrier hops plyometric training with double leg tuck jump on leg muscle power in volleyball extracurricular students MAN 2 Ciamis. The research method used in this research is an experimental method with a pretest-treatment-posttest research design. The instrument used in this study was a standing broad jump. In this study, 24 male students were used as a sample of the 35 total population. The samples were taken using a purposive sampling technique. Based on the results of the study, the results of data processing were obtained by testing the hypothesis using the t test that t_{hitung} (3.28) is greater than t_{tabel} (2.07) meaning that the research hypothesis is accepted or the null hypothesis is rejected. So the double leg tuck jump plyometric exercise is better or superior than the double leg barrier hops exercise in increasing leg muscle power in volleyball extracurricular students MAN 2 Ciamis

Keywords: Pliometrik, barrier hops, tuck jump, power