

ABSTRAK

ERIN SUSANTI. 2020. **Perbandingan Pengaruh Latihan Pliometrik Two Foot Ankle Hop dengan Barrier Hop Terhadap Peningkatan Power Otot Tungkai (Studi Eksperimen pada Anggota Ekstrakurikuler Bola Voli SMK Negeri Bantarkalong Kabupaten Tasikmalaya)**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi. Tasikmalaya.

Penelitian ini bertujuan untuk memperoleh informasi tentang ada tidaknya perbandingan pengaruh latihan pliometrik *two foot ankle hop* dengan *barrier hop* terhadap peningkatan *power* otot tungkai pada anggota ekstrakurikuler SMK Negeri Bantarkalong Tahun Ajaran 2019/2020. Metode penelitian yang digunakan peneliti adalah metode eksperimen. Sebagian populasi dijadikan sampel yakni 20 orang yang berarti menggunakan teknik *total purposif sampling*. Hasil pengujian Bahwa *two foot ankle hop* dan *barrier hop* terdapat pengaruh yang signifikan terlihat dari hasil hipotesis (H_0) ditolak dan hipotesis kerja diterima. Kedua bentuk latihan pliometrik *two foot ankle hop* dan *barrier hop* sama-sama memberikan pengaruh yang baik terhadap *power* otot tungkai, hasil rata-rata antara kelompok A= 6,18 dan kelompok B= 3,57 dengan $t_{hitung} = 0,86$ lebih kecil dari $t_{tabel} = 2,10$ anggota ekstrakurikuler SMK Negeri Bantarkalong Tahun Ajaran 2019/2020.

Kata kunci : Latihan pliometrik *two foot ankle hop*, latihan Pliometrik *barrier hop*, dan *power* otot tungkai

ABSTRACT

ERIN SUSANTI. 2020. ***Comparison of the Effect of Two Foot Ankle Hop Plyometrics Exercise with Barrier Hop on Increased Leg Muscle Power*** (Experimental Study on Volleyball Extracurricular Members of SMK Negeri Bantarkalong, Tasikmalaya Regency).

This study aims to obtain information about whether there is a comparison of the effect of two foot ankle hop plyometrics exercises with barrier hop on increasing leg muscle power in the extracurricular members of SMK Negeri Bantarkalong in Academic Year 2019/2020. The research method used by researchers is an experimental method. Most of the population sampled were 20 people, which means using total purposive sampling technique. Test results That the two foot ankle hop and barrier hop have a significant effect seen from the results of the hypothesis (H_0) is rejected and the working hypothesis is accepted. Both forms of plyometric two foot ankle hop and barrier hop exercise both had a good effect on leg muscle power, the average yield between group A = 6.18 and group B = 3.57 with $t_{count} = 0.86$ smaller than $t_{table} = 2.10$ extracurricular members of Bantarkalong State Vocational School in 2019/2020 Academic Year.

Keywords: Two foot ankle hop plyometric exercises, barrier hop plyometrics exercises, and leg muscle power.