

ABSTRAK

GILANG PRATAMAJAYA. 2022 **Pengaruh Latihan *Resistance Band* Terhadap *Power* Otot Tungkai dan Implikasi Terhadap *Shooting* dalam Permainan Futsal** . Jurusan Pendidikan Jasmani Fakultas Keguruan dan Ilmu Pendidikan Universitas Siliwangi.

Tujuan penelitian ini adalah untuk mengetahui Pengaruh Latihan *Resistance Band* Terhadap *Power* Otot tungkai dan Implikasi terhadap *Shooting* dalam Permainan Futsal pada siswa akademi Futsal Citeureup Squad Kabupaten Bogor. Metode yang penulis gunakan adalah metode eksperimen. Populasi yang digunakan dalam penelitian ini adalah siswa akademi Futsal Citeureup Squad Kabupaten Bogor. Jumlah populasi sebanyak 20 orang. Sampel yang digunakan yaitu total sampel atau semua populasi dijadikan sampel yaitu sebanyak 20 orang. Berdasarkan hasil pengujian hipotesis menggunakan pendekatan statistic, hipotesis penelitian ajukan yaitu : “1. Terdapat pengaruh yang berarti dari latihan *resistance band* terhadap *power* otot tungkai 2. Terdapat pengaruh dari latihan *resistance band* yang berimplikasi terhadap *shooting* dalam permainan futsal” ternyata hasilnya diterima atau terbukti. Kebenaran hasil pengujian hipotesis tersebut didukung pula data hasil penelitian dengan menggunakan uji t yang menunjukkan nilai t_{hitung} sebesar 4,90 dan 6,35 yang berada di luar daerah penerimaan hipotesis (t_{tabel} sebesar 1,73). Diterimanya hipotesis tersebut diduga karena untuk menghasilkan hasil keterampilan yang baik dapat dilakukan variasi latihan agar dalam melakukan latihan tidak terjadi kebosanan dan kejenuhan. Berdasarkan hasil tersebut, maka dapat dikatakan bahwa latihan menggunakan *resistance band* efektif digunakan untuk meningkatkan *power* otot tungkai yang berimplikasi terhadap *shooting* dalam permainan futsal pada siswa Akademi Futsal Citeureup Squad Kabupaten Bogor

Kata Kunci : latihan *resistance band*, *power* otot tungkai, *shooting*, Futsal

ABSTRACT

GILANG PRATAMAJAYA. 2022 *The Effect of Resistance Band Exercise on Power of the Limb Muscles and Implications on Shooting in Futsal Games*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

The purpose of this study was to determine the effect of resistance band training on leg muscle power and implications for shooting in futsal games for students at the Futsal Citeureup Squad academy, Bogor Regency. The method that the author uses is the experimental method. The population used in this study were students of the Bogor Regency Futsal Citeureup Squad academy. The total population is 20 people. The sample used is the total sample or all of the population as samples, namely as many as 20 people. Based on the results of hypothesis testing using a statistical approach, the research hypothesis is proposed, namely: "1. There is a significant effect of resistance band training on leg muscle power 2. There is an effect of resistance band training which has implications for shooting in futsal games, the results are accepted or proven. The truth of the results of hypothesis testing is also supported by research data using the t-test which shows the t-count values of 4.90 and 6.35 which are outside the area of acceptance of the hypothesis (t' of 1.73). The acceptance of the hypothesis is thought to be because to produce good skill results, a variety of exercises can be carried out so that in doing the exercises there is no boredom and boredom. Based on these results, it can be said that training using resistance bands is effectively used to increase leg muscle power which has implications for shooting in futsal games for Citeureup Squad Futsal Academy students, Bogor Regency.

Keywords: *resistance band training, leg muscle power, shooting, Futsal*