

PERBANDINGAN ANTARA PLYOMETRIC TRAINING DAN CONVENTIONAL TRAINING TERHADAP LEG EXPLOSIVE POWER PADA PEMAIN BOLA VOLI UNIVERSITAS MERCU BUANA

Adhytiya Nugraha

Abstrak

Leg explosive power adalah kemampuan otot mengarahkan kekuatan maksimal dalam waktu yang sangat cepat. *Plyometric Training* adalah bentuk latihan yang memungkinkan otot mencapai kekuatan maksimal dalam waktu cepat. *conventional training* adalah latihan yang umum digunakan untuk peningkatan kondisi fisik. Penelitian ini dilakukan untuk mengetahui perbedaan *plyometric training* dan *conventional training* terhadap *leg explosive power* pemain bola voli Universitas Mercu Buana. Metode penelitian yang digunakan adalah metode *eksperimental control group*. Sampel penelitian adalah mahasiswa ekstrakurikuler bola voli, dipilih sesuai kriteria inklusi yang diperoleh sebanyak 32 orang dan dibagi menjadi kelompok perlakuan dan kontrol. Tes pengukuran yang digunakan adalah *vertical jump test*. Latihan dilakukan selama 12 minggu. Hasil pengolahan dan analisis data statistik diperoleh nilai *pre-test* kelompok intervensi $52,81\text{cm} \pm 11,14$ p-value 0,789, sedangkan kelompok kontrol $49,63\text{cm} \pm 10,42$ p-value 0,069. Dan untuk nilai hasil *post-test* kelompok intervensi $59,50\text{cm} \pm 10,49$ p-value 0,552, kelompok kontrol $52,69\text{cm} \pm 10,16$ p-value 0,078. Sehingga diperoleh kesimpulan bahwa pemberian *plyometric training* tidak lebih baik dari *conventional training* terhadap peningkatan *leg explosive power* dilihat dari hasil *pre-test* dan *post-test* para pemain bola voli Universitas Mercu Buana.

Kata Kunci: Plyometric Training, Conventional Training, Leg Explosive Power, Vertical Jump, Bola Voli

THE COMPARISON BETWEEN PLYOMETRIC AND CONVENTIONAL TRAINING TOWARD LEG EXPLOSIVE POWER OF MERCU BUANA UNIVERSITY VOLLEYBALL PLAYER

Adhytiya Nugraha

Abstract

Leg explosive power is the ability of the muscle to direct maximum strength in a very fast period of time. Plyometric Training is a form of exercise that allows muscles to reach maximum strength in a fast period of time. This research was conducted to determine the effect of plyometric training on increasing leg explosive power towards volleyball players at the University of Mercu Buana. The research method used is the experimental control group method. The research sample was students who took volleyball extracurricular activities, selected according to the inclusion criteria and obtained as many as 32 respondents. The test used to measure is the vertical jump test. Plyometric training was carried out for 12 weeks. The results of the statistical data processing and analysis obtained the intervention group's pre-test value 52.81 ± 11.14 p-value 0.789, while the control group 49.63 ± 10.42 p-value 0.069. And for the intervention group's post-test results 59.50 ± 10.49 p-value 0.552, the control group 52.69 ± 10.16 p-value 0.078. From the result, it can be concluded that plyometric training has an effect on the increase in leg explosive power seen from the results of the pre-test and post-test after being given plyometric training to the students of volleyball UKM in Mercu Buana University.

Keywords: Plyometric Training, Leg Explosive Power, Vertical Jump, Volleyball