

PENGARUH JUMP ROPE TRAINING TERHADAP DAYA TAHAN OTOT TANGAN PADA SISWA SDN CINERE 02

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Abstrak

Daya tahan otot tangan sangat di perlukan seorang anak sekolah dasar untuk meningkatkan kapasitas belajar seperti menulis, menggambar, dan bermain, selain itu dapat meminimalkan anak tidak masuk sekolah. Daya tahan otot tangan yang lemah dapat menurunkan aktifitas anak selama di sekolah. Penelitian ini dilakukan untuk mengetahui pengaruh Jump rope training terhadap peningkatan daya tahan otot tangan pada siswa SDN Cinere 02. Desain penelitian menggunakan metode ekperimental dengan pretest-posttest tanpa kelompok kontrol. Sampel penelitian merupakan siswa SDN Cinere 02 sebanyak 59 anak, yang dipilih sesuai dengan kriteria inklusi dan eksklusi lalu di berikan Jump Rope Training. Uji yang digunakan untuk mengukur daya tahan otot tangan adalah Pull Up test. Jump Rope Training dilakukan 3 kali perminggu selama 5 minggu di SDN Cinere 02. Selanjutnya data dianalisis uji t independent pada taraf signifikansi lebih kecil α 0,05 dengan bantuan program SPSS 21. Berdasarkan hasil uji t independent nilai $P = 0.000$ ($P < 0.05$) menyatakan adanya pengaruh Jump Rope Training terhadap daya tahan otot tangan pada anak sekolah dasar.

Kata Kunci : Jump Rope Training, Daya Tahan Otot Tangan, Pull Up Test, Anak ,Sekolah Dasar

EFFECT OF JUMP ROPE TRAINING TO IMPROVING HANDS MUSCULAR ENDURANCE CHILDREN IN CINERE 02 ELEMENTARY SCHOOL

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Abstract

Hands muscular endurance is very much needed by an elementary school child to increase learning capacity such as writing, drawing, and playing, besides that it can reduce the number absences. Being able to hold weak hand muscles can reduce children's activities while at school. This study was conducted to determine the effect of Jump rope training on increasing the endurance of hand muscles in Cinere 02 Elementary School students. The design of this study used the experimental method with pretest-posttest without a control group. The sample of the study were 59 students of SD Cinere 02, who were selected according to the inclusion and exclusion criteria then given Jump Rope Training. The test used to measure the endurance of hand muscles is Pull Up test. Jump Rope Training was conducted 3 times a week for 5 weeks at Cinere 02 Elementary School. Furthermore, the data were analyzed by independent t-test at a smaller significance level of α 0.05 with the help of SPSS 21 program. Based on the results of the independent t-test the value $P = 0.000$ ($P < 0.05$) states the influence of Jump Rope Training on the endurance of hand muscles in elementary school children.

Keyword : Jump Rope Training, Hands Muscular Endurance, Pull Up Test, Children, Elementary School.