

PENGARUH JUMP ROPE TRAINING TERHADAP KESEIMBANGAN STATIS PADA SISWA SD NEGERI CINERE 02

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Abstrak

Static Balance dapat mempertahankan keadaan seimbang dalam keadaan diam yang sangat di perlukan seorang anak sekolah dasar untuk meningkatkan ketahanan, kekuatan, dan kelincahan. Bila anak yang memiliki static balance yang lemah maka anak tidak bisa mempertahankan keseimbangan pada saat stork stand test yang dilakukan anak sekolah pada saat upacara. Penelitian ini dilakukan untuk mengetahui pengaruh Jump rope training terhadap Static Balance pada siswa SD Negeri Cinere 02. Desain penelitian ini menggunakan metode ekperimental dengan pretest-posttest without control group design. Sampel penelitian merupakan anak sekolah dasar di Depok, yang dipilih sesuai dengan kriteria inklusi dan eksklusi lalu di berikan Jump Rope Training. Tes yang digunakan untuk mengukur static balance adalah Stork Stand test. Jump Rope Training dilakukan 3 kali seminggu selama 6 minggu di Sekolah Dasar.

Hasil Penelitian menunjukkan terdapat perbedaan antara pre-test dan post-test berdasarkan Uji T-paired nilai $P = 0.000$ ($P < 0.05$) menyatakan adanya pengaruh Jump Rope Training terhadap Keseimbangan Statis pada anak sekolah dasar.

Kata Kunci : Jump Rope Training, Static Balance, Stork Stand Test.

THE EFFECT OF JUMP ROPE TRAINING ON STATIC BALANCE IN CINERE 02 ELEMENTARY SCHOOL

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Abstract

Static Balance can maintain a balanced state of silence that is very much needed by an elementary school child to increase endurance, strength, and agility. If the child has a weak static balance, the child cannot maintain balance during the stork stand test conducted by school children during the ceremony. This study was conducted to determine the effect of Jump rope training on Static Balance in cinere 02 elementary school. The design of this study used the experimental method with pretest-posttest without control group design. The research sample was elementary school children in Depok, who were selected according to the inclusion and exclusion criteria then given Jump Rope Training. The test used to measure static balance is the Stork Stand test. Jump Rope Training is done 3 times a week for 6 weeks in Elementary School.

The results showed that there were differences between the pre-test and post-test based on the T-paired Test P value = 0.000 ($P < 0.05$) stating the influence of Jump Rope Training on Static Balance in elementary school children.

Keyword : Jump Rope Training, Static Balance, Stork Stand Test.