

PENGARUH *JUMP ROPE TRAINING* TERHADAP KEKUATAN LENGAN PADA SISWA SD NEGERI CINERE 02

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Abstrak

Jump Rope Training sering dikenal sebagai permainan anak dan permainan tradisional yang merupakan olahraga yang menyenangkan bagi anak-anak dan merupakan salah satu kebugaran jasmani yang murah dan praktis untuk digunakan. Penelitian ini dilakukan untuk mengetahui pengaruh jump rope training terhadap peningkatan kekuatan lengan. Desain penelitian ini menggunakan metode Quasi Experiment dengan desain pre-test dan post-test tanpa kelompok kontrol. Sampel penelitian merupakan anak sekolah dasar di Cinere yang berusia 8-12 tahun, sebanyak 59 anak yang dipilih sesuai dengan kriteria inklusi dan eksklusi lalu di berikan jump rope training.. Jump rope training dilakukan 3 kali seminggu selama 5 minggu di Sekolah Dasar di Cinere. Untuk variabel kekuatan lengan diukur dengan menggunakan medicine ball test sebanyak 3 kali lemparan tetapi di ambil data yang tertinggi saja. Selanjutnya data dianalisis dengan uji-t paired pada taraf signifikansi lebih kecil (α) 0,05 dengan bantuan program SPSS 21. Berdasarkan hasil uji-t paired didapatkan hasil; variabel kekuatan lengan dengan nilai signifikansi 0,000. Dengan demikian hipotesis penelitian “pelatihan jump rope training berpengaruh terhadap kekuatan lengan diterima. Dengan demikian dapat disimpulkan bahwa pelatihan jump rope training berpengaruh signifikan terhadap kekuatan lengan pada siswa SD Negeri Cinere 02.

Kata Kunci : Jump Rope Training, Kekuatan Lengan, Medicine Ball, Anak Sekolah Dasar.

THE EFFECT OF JUMP ROPE TRAINING ON HANDS POWER IN STUDENT OF SD NEGERI CINERE 02

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Abstract

Jump Rope Training is often known as child games and traditional games which are fun sports for children and are one of the cheap and practical physical fitness to use. This study was conducted to determine the effect of jump rope training on increasing hands power. The design of this study used the Quasi Experiment method with a pre-test and post-test design without a control group. The study sample was elementary school children in Cinere who were 8-12 years old, as many as 59 children were selected according to the inclusion and exclusion criteria and then jump rope training was provided. Jump rope training was carried out 3 times a week for 5 weeks at the Elementary School in Cinere. For hands power variables measured by using the medicine ball test as many as 3 throws but the highest data taken. Furthermore, the data were analyzed by t-test paired at a significance level smaller (α) of 0.05 with the help of SPSS 21 program. Based on the results of the paired t-test results were obtained; hands power variable with a significance value of 0,000. Thus the research hypothesis "jump rope training affects the hands power received. Thus, it can be concluded that jump rope training has a significant effect on hands power in Cinere 02 elementary school students.

Keywords: Jump Rope Training, Hands Power, Medicine Ball, Elementary School Children.