

LITERATURE REVIEW : PENGARUH PLYOMETRIC TRAINING TERHADAP JUMPING PERFORMANCE PADA ATLET

Tika Dwi Damayanti

Abstrak

Latar Belakang: Atlet merupakan salah satu profesi di bidang olahraga yang membutuhkan komponen-komponen dalam menunjang performanya, komponen itu antara lain *sprint, agility, jumping, power* dan lainnya. Untuk meningkatkan performa tersebut dapat dilatih menggunakan *plyometric training*. **Tujuan:** Jumping Performance komponen esensial dalam menunjang performa atlet. *Study literature* ini bertujuan untuk menelaah *literature*, jurnal, artikel, ataupun hasil penelitian dengan topik pengaruh *plyometric training* terhadap *jumping performance* pada atlet. **Metode:** Pencarian sumber *literature*, jurnal, artikel, hasil penelitian di beberapa database seperti *Google Scholar, Science Direct, Elsevier, PubMed* dan *Litmaps* dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2012-2020. Dari hasil penelusuran literatur di temukan 7 artikel dan hanya 5 artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 5 artikel dinilai dengan *Scimago Journal & Country Rank (SJR)*. Analisis terhadap 5 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah *literature* sebanyak 5 artikel, menunjukkan bahwa *plyometric training* dapat meningkatkan *jumping performance*. **Kesimpulan:** Hasil *literature review* dari 5 artikel yang telah menunjukkan bahwa *plyometric training* mampu meningkatkan *jumping performance* pada atlet.

Kata Kunci : *plyometric training, jumping, jumping performance, atlet*

LITERATURE REVIEW : THE EFFECT OF PLYOMETRIC TRAINING ON JUMPING PERFORMANCE IN ATHLETES

Tika Dwi Damayanti

Abstract

Background: Athletes are one of the professions in the field of sports that require components to support their performance, these components include sprinting, agility, jumping, power and others. To improve this performance, plyometric training can be used. **Objective:** Jumping Performance is an essential component in supporting athlete performance. This literature study aims to examine literature, journals, articles, or research results with the topic of the influence of plyometric training on jumping performance in athletes. **Methods:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, Science Direct, Elsevier, PubMed and Litmaps using certain keywords in the 2015-2020 period. From the results of the literature search, 7 articles were found and only 5 articles met the source inclusion criteria. The methodological quality assessment of 5 articles was assessed with the Scimago Journal & Country Rank (SJR). Analysis of the 5 journals was carried out based on the suitability of the topic, research methods used, samples, interventions, instruments/parameters, and the results of each article. **Result:** The results of a literature review of 5 articles have shown that *plyometric training* can improve jumping performance in athletes. **Conclusion:** *Plyometric training* can improve jumping performance in athletes.

Keywords : *Plyometric training*, jumping, jumping performance, athlete