

LITERATURE REVIEW : PENGARUH PLYOMETRIC TRAINING TERHADAP SPRINT PERFORMANCE PADA ATLET

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Abstrak

Latar Belakang: Atlet merupakan seorang olahragawan yang membutuhkan performa dalam setiap penampilannya, performa tersebut berupa *sprint, agility, jumping, power* dan lainnya. Dalam meningkatkan performa tersebut dapat dilatih dengan *plyometric training*. **Tujuan:** *Study literature* ini bertujuan untuk menelaah *literature*, jurnal, artikel, ataupun hasil penelitian dengan topik pengaruh *plyometric training* terhadap *sprint performance* pada atlet. **Metode:** Pencarian sumber *literature*, jurnal, artikel, hasil penelitian di beberapa database seperti *Google Scholar, Science Direct, Elsevier, PEDro, PubMed* dan *Litmaps* dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2015-2020. Dari hasil penelusuran literatur di temukan 9 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 *sprint performance*. **Kesimpulan:** *Plyometric training* dapat meningkatkan *sprint performance* pada atlet.

Kata Kunci : *Atlet, Plyometric training, Sprint Performance*

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

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Abstract

Background: Athletes are athletes who need a performance in every appearance, the performance is in the form of sprint, agility, jumping, power, and others. In improving this performance, it can be trained with plyometric training. **Objective:** This *literature* study aims to examine *literature*, journals, articles, or research results with the topic of the influence of plyometric training on sprint performance in athletes. **Methods:** Search for sources of *literature*, journals, articles, research results in several databases such as Google Scholar, Science Direct, Elsevier, PEDro, PubMed and Litmaps using certain keywords in the 2015-2020 period. From the results of the *literature* search, 9 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:** After reviewed *literature* as many as 5 articles showed that plyometric training can improve sprint performance. **Conclusion:** Plyometric training can improve sprint performance in athletes.

Keywords: Athlete, Plyometric Training, Sprint Performance