

LITERATURE REVIEW : PENGARUH AQUATIC PLYOMETRIC TRAINING TERHADAP DAYA TAHAN OTOT PADA PEMAIN BASKET

Agnia Mulyanisa

Abstrak

Pemain basket untuk mencapai hasil yang maksimal dalam sebuah pertandingan memerlukan kebugaran fisik yang optimal. **Tujuan:** Penulisan studi literature ini bertujuan untuk mengkaji literature, jurnal, artikel ataupun hasil penelitian sebelumnya dengan topik pembahasan pengaruh *aquatic plyometric training* terhadap daya tahan otot pada pemain basket. **Metode:** Pencarian sumber literature, jurnal, artikel, hasil penelitian diberbagai database seperti Google Scholar dengan menggunakan kata kunci tertentu. Hasil dari penelusuran literature didapatkan 4 jurnal dan artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 4 jurnal dan artikel dinilai dengan Scimago Journal & Country Rank (SJR) dan nilai *levels of internal validity* dengan minimal kategori B menurut *Critical appraisal of studies*. Analisis terhadap 4 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan analisa terhadap literatur sebanyak 4 jurnal dan artikel menunjukkan bahwa *aquatic plyometric training* dapat meningkatkan daya tahan otot seseorang. **Kesimpulan:** *Aquatic plyometric training* dapat meningkatkan daya tahan otot pada pemain basket secara signifikan.

Kata Kunci : *Aquatic plyometric, Aquatic training, Daya tahan otot, Sit up*

LITERATURE REVIEW : THE EFFECT OF AQUATIC PLYOMETRIC TRAINING ON MUSCULAR ENDURANCE IN BASKETBALL PLAYERS

Agnia Mulyanisa

Abstract

Basketball players to achieve maximum results in a match requires optimal physical fitness. **Aims:** The writing of this literature study aims to review the literature, journal, articles or the results of previous research with the discussion topic of the influence of aquatic plyometric training on muscular endurance in basketball players. **Methods:** Search for sources of literature, journals, articles, research results in various databases such as Google Scholar by using certain keywords. The results of the literature search found 4 journals and articles that met the source inclusion criteria. The methodological quality assessment of 4 journals and articles was assessed using the Scimago Journal & Country Rank (SJR) and The Level Of Internal Validity value with a minimum category B according to the Critical Appraisal of Studies. Analysis of 4 journals was carried out based on the suitability of the discussion topic, the research methods used, and the results of each article. **Result:** After analyzing the literature as many as 4 journals showed that aquatic plyometric training can increase someone's muscular endurance. **Conclusion:** Aquatic plyometric training can significantly increase the muscular endurance in basketball players.

Keywords: Aquatic plyometric, Aquatic training, Muscular endurance, Sit up