

PENGARUH PELATIHAN *SQUAT TRUST* TERHADAP PENINGKATAN KETEPATAN SMASH DALAM PERMAINAN BOLA VOLI PADA PEMAIN BOLA VOLI PUTRA SMP NEGERI 8 GORONTALO

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Abstrak

Abet S. Rasyid, 2015. " Pengaruh Pelatihan Squat Trust Terhadap Peningkatan Ketepatan Smash Dalam Permainan Bola Voli Pada Pemain Bola Voli Putra Smp Negeri 8 Gorontalo". Skripsi, Jurusan Pendidikan Kepelatihan Olahraga, Fakultas Ilmu-Ilmu Kesehatan Dan Keolahragan Universitas Negeri Gorontalo . Di bimbing oleh Dra. Nurhayati Liputo, M.pd dan Marsa Lie tumbal, S.pd M.pd. tujuan penelitian ini adalah untuk mengetahui Pengaruh Pelatihan Squat Trust Terhadap Peningkatan Ketepatan Smash Dalam Permainan Bola Voli Pada Pemain Bola Voli Putra Smp Negeri 8 Gorontalo". Suatu penelitian pada pemain bola putra SMP Negeri 8 Gorontalo

Hasil penelitian: berdasarkan hasil penelitian tes awal X_1 dilakukan analisis diperoleh nilai rata-rata 5,55, nilai varians 2,9973 dan nilai standar deviasi 1,73. Sedangkan pada hasil penelitian tes akhir X_2 , dilakukan analisis diperoleh nilai rata-rata 9,05, nilai varians 4,2605 dan nilai standar deviasi 2,06. Adapun nilai rata-rata peningkatan tes awal sampai tes akhir yaitu 3,50. Dari hasil analisis dan pengujian untuk variabel peningkatan ketepatan smash menunjukkan t_{hitung} sebesar 25,81 sedangkan dari daftar distribusi t_{tabel} 1,7291 ternyata harga t_{hitung} berada didalam daerah penerimaan H_a dengan demikian dapat disimpulkan bahwa H_a diterima dan tidak dapat menerima H_o .

Berdasarkan hasil penelitian dan analisis data yang telah diuraikan maka dapat disimpulkan bahwa hipotesis peneliti yakni " Terdapat Pengaruh Pelatihan Squat Trust Terhadap Peningkatan Ketepatan Smash Dalam Permainan Bola Voli Pada Pemain Bola Voli Putra Smp Negeri 8 Gorontalo". Dapat diterima.

Kata kunci: Squat Trust dan Smash

THE INFLUENCE OF SQUAT TRAINING TRUST SMASH AGAINST INCREASED ACCURACY IN VOLLEYBALL GAME ON MEN'S VOLLEYBALL PLAYERS OF STATE SMP 8 GORONTALO

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Abstract

Abet S. Rasyid, 2015. " *The influence of Squat Training Trust Smash Against Increased Accuracy In Volleyball Game On Men's Volleyball Players of State SMP 8 Gorontalo* " .Skripsi , Sports Coaching Education Department , Faculty of Health Sciences and Keolahragan University of Gorontalo . Guided by Dra . Nurhayati Liputo , Pd and Marsa Lie Tumbal , S.pd M.pd.tujuan this study was to determine the effect Squat Training Trust Smash Against Increased Accuracy In Games Volleyball Men's Volleyball Players In State Smp 8 Gorontalo " . A study on men's soccer player of SMP Negeri 8 Gorontalo

Results of the study : based on research results of initial tests performed analysis XI obtained an average value of 5.55 , the value of the variance 2.9973 and standard deviation of 1.73 . While the results of the final test XI research , analysis obtained an average value of 9.05 , the variance value of 4.2605 and standard deviation of 2.06 . The average increase in the value of the initial test until the end of the test is 3.50 . From the analysis and testing to increase the accuracy of the smash show variable thitung 25.81 while ttable distribution list price was 1.7291 t ha located in the reception area can thus be concluded that Ha is accepted and can not accept Ho. Based on the results of research and analysis of data that has been diuraikan it can be concluded that the researchers hypothesized that " There Influence Squat Training Trust Smash Against Increased Accuracy In Volleyball Game On Men's Volleyball Players of State SMP 8 Gorontalo " . Acceptable.

Keywords : *Squat Trust and Smash*