

**PENGARUH LATIHAN *CABLE FRIENCH PRESS* TERHADAP  
KEMAMPUAN LEMPAR LEMBING PADA SISWA PUTRA  
KELAS VIII SMP NEGERI 16 KOTA GORONTALO**

**Laode Abdul Kadar<sup>1)</sup>, Nurhayati Liputo<sup>2)</sup>, Ucok H. Refiater<sup>3)</sup>**

<sup>1</sup>FIKK, Universitas Negeri Gorontalo (Laode Abdul Kadar)  
[kadar\\_kepelatihan2011@ung.ac.id](mailto:kadar_kepelatihan2011@ung.ac.id)

<sup>2</sup>FIKK, Universitas Negeri Gorontalo (Nurhayati Liputo)  
[nurhayati@yahoo.co.id](mailto:nurhayati@yahoo.co.id)

<sup>3</sup>FIKK, Universitas Negeri Gorontalo (Ucok H. Refiater)  
[ucokhasian@gmail.com](mailto:ucokhasian@gmail.com)

***Abstrak***

*LAODE ABDUL KADAR. 832 410 089. Skripsi. Pengaruh Latihan Cable French Press Terhadap Kemampuan Lempar Lembing Pada Siswa Putra Kelas Viii Smp Negeri 16 Kota Gorontalo. SI pendidikan kepelatihan olahraga, fakultas ilmu-ilmu kesehatan dan keolahragaan. Universitas Negeri Gorontalo. Pembimbing I Dra. Hj. Nurhayati Liputo, M.Pd dan pembimbing II Ucok H. Refiater, S.Pd, M.Pd.*

*Tujuan Penelitian: Untuk Mengetahui Pengaruh Latihan Cable French Press Terhadap Kemampuan Lempar Lembing Pada Siswa Putra Kelas VIII SMP Negeri 16 Kota Gorontalo. Metode Penelitian: Penelitian Eksperimen. Desain Penelitian ini Adalah: One Group Pre Test And Post Test. Sempel Penelitian ini Dilakukan Pada Siswa Putra Kelas VIII SMP Negeri 16 Kota Gorontalo Sebanyak 25 Orang. Dari Perhitungan Penelitian Tes Awal ( $X_1$ ) Diperoleh Nilai Rata – rata 15,11 Rentang 10,95, Banyak Kelas 6, Panjang Kelas 1,83 Dan Simpangan Baku 15,50. Untuk Tes akhir ( $X_2$ ) Diperoleh Nilai Rata – rata Sebesar 18,53, Rentang 10,85 Banyak Kelas 6, Panjang Kelas 2, Dan Simpangan Baku 10,58. Maka Hipotesis Berbunyi Terdapat Pengaruh LATIHAN Cable French Press Terhadap Jauhnya Lempar Lembing Siswa Putra Kelas VIII SMP Negeri 16 Kota Gorontalo, Sebelum Dan Sesudah Latihan Dinyatakan Diterima Dan Teruji Kebenarannya. Kriteria Pengujiannya Adalah  $-t_{(1-\frac{1}{2}\alpha)} < t_{(1-\frac{1}{2}\alpha)}$  Pada Taraf Nyata  $\alpha$  0,05 Dengan dk ( $n_1 + n_2 - 2$ ). Sehingga Diperoleh  $t_{hitung} 1,07 \leq t_{daftar} 2,02$ , Harga  $t_{hitung}$  Berada di Luar Daerah Penerimaan  $H_0$ . Sehingga Disimpulkan Bahwa  $H_0$  Ditolak Dan  $H_a$  Diterima.*

***Kata kunci :*** Latihan cable french press, lempar lembing

# THE INFLUENCE OF CABLE FRENCH PRESS TRAINING TOWARD MALE STUDENTS ABILITY ON JAVELIN IN CLASS VIII JUNIOR HIGH SCHOOL 16 GORONTALO CITY

Laode Abdul Kadar<sup>1)</sup>, Nurhayati Liputo<sup>2)</sup>, Ucok H. Refiater<sup>3)</sup>

<sup>1</sup>FIKK, Universitas Negeri Gorontalo (Laode Abdul Kadar)  
[kadar\\_kepelatihan2011@ung.ac.id](mailto:kadar_kepelatihan2011@ung.ac.id)

<sup>2</sup>FIKK, Universitas Negeri Gorontalo (Nurhayati Liputo)  
[nurhayati@yahoo.co.id](mailto:nurhayati@yahoo.co.id)

<sup>3</sup>FIKK, Universitas Negeri Gorontalo (Ucok H. Refiater)  
[ucokhasian@gmail.com](mailto:ucokhasian@gmail.com)

## Abstract

*La Ode Abdul Kadar. 832 410 089. skripsi. The influence of cable french press training toward male students ability on javelin in class VIII junior high school 16 Gorontalo city. SI sport coaching of departemnt. Faculty of healt sciences and sport . Advisor I Dra. Hj. Nurhayati Liputo, M.Pdand advisor II Ucok H. Refiater, S.Pd, M.Pd.*

*The aims of this research is to know the influence of cable french press training toward male students ability on javelin in class VIII junior high school 16 gorontalo city. The method of this research is used experimen research. Design of this research is one group pre test and post test. The sample of this research is the student male class VIII junior high school 16 gorontalo scity consist of 25 students. Based on calculate of pre test ( $X_1$ ) got the average result show 15, 11 distance 10,95, class 6, the long of class 1,83 and deviation 15,50. the post test the average result show 18,53 distance 10,85 class 6, the long of class 2 and the deviation 10,58. The hypotesis of this research there are the influence of cable french press toward the male students distant on javelin in class VIII junior high school Gorontalo city. Before and after the practice have been accepted. The criteria of tested is  $-t_{(1-\frac{1}{2}\alpha)} < t_{(1-\frac{1}{2}\alpha)}$  at the level abvious  $\alpha$  0,05 with dk ( $n_1 + n_2 - 2$ ). So, the got the result  $t_{hitung} 1,07 \leq t_{daftar} 2,02$ , result  $t_{hitung}$  are outside the reception  $H_0$  area. Thus, the concluded that  $H_0$  not accepted and  $H_a$  accepted.*

**Key word :** cable french press, javelin