

# PENGARUH LATIHAN *SINGLE LEG SPEED HOP* TERHADAP HASIL LOMPAT JAUH GAYA JONGKOK SISWA SMP NEGERI I BULANGO ULU

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## Abstrak

**Idrus, Ahmad. 2015.** “Pengaruh Latihan *Single leg Speed hop* Terhadap Hasil Lompat Jauh Gaya Jongkok Siswa SMP Negeri I Bulango Ulu”. Skripsi, Jurusan Pendidikan Kepeleatihan Olahraga, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing 1 Drs. Ruskin, M.Pd dan Pembimbing II Syarif Hidayat, S.Pd Kor, M.Or.

Penelitian ini bertujuan untuk meneliti seberapa besar *Single leg Speed hop* Terhadap Hasil Lompat Jauh Gaya Jongkok Siswa SMP Negeri I Bulango Ulu dengan jumlah sampel sebanyak 20 orang selama 2 bulan dengan volume latihan 3 kali dalam seminggu dan menggunakan metode penelitian eksperimen dengan desain penelitian *one group pre test and post test design*..

Setelah dilakukan analisis data statistic penelitian baik uji normalitas maupun homogenitas datanya normal dan berasal dari populasi yang homogeny. selanjutnya Hasil pengujian diperoleh  $t_{hitung} = 40.45$ . nilai  $t_{tabel}$  pada  $\alpha = 0,05$ ;  $dk = n-1$  ( $20-1=19$ ) diperoleh harga sebesar 1,729 Dengan demikian  $t_{hitung}$  lebih besar dari  $t_{daftar}$  ( $t_{hitung} = 40.45 > t_{daftar} = 1.729$ ). Berdasarkan kriteria pengujian bahwa tolak  $H_0$ : jika  $t_{hitung} > t_{daftar}$  pada  $\alpha = 0,05$ ;  $n-1$ . Oleh karena itu hipotesis alternative atau  $H_a$  dapat diterima, sehingga dapat dinyatakan terdapat *Single leg Speed hop* Terhadap Hasil Lompat Jauh Gaya Jongkok Siswa SMP Negeri I Bulango Ulu.

Dengan demikian dapat disimpulkan bahwa latihan *Single leg Speed hop* dapat memberikan pengaruh terhadap Hasil Lompat Jauh Gaya Jongkok Siswa SMP Negeri I Bulango Ulu.

**Kata kunci:** latihan *Single leg Speed hop* dan tendangan jauh

# THE EFFECT OF SINGLE LEG SPEED HOP ON THE RESULT LONG JUMP HOP STYLE SQUAT IN STUDENT JUNIOR HIGH SCHOOL I BULANGO ULU

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## Abstract

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*This study aimed to examine the influence exerted by exercise Single leg Speed hop on the Result Long Jump Hop Style Squat in Student Junior High School I Bulango Ulu with a total sample of 20 people for 2 months with a volume of 3 times in a week training and experimental research methods research design with one group pre-test and post- test design .*

*After analyzing the statistical data and the research both tests of normality and homogeneity of normal data derived from homogeneous populations . subsequent test results obtained  $t = 40.45$  .  $t_{table}$  value at  $\alpha = 0.05$  ;  $df = n - 1$  (  $20-1 = 19$  ) obtained a price of 1.729 Thus  $t_{count}$  greater than  $t_{table}$  (  $t_{count} = 40.45 > t_{table} = 1,729$  ) . Based on the testing criteria that reject  $H_0$  : if  $t_{count} > t_{table}$  at  $\alpha = 0.05$  ;  $n - 1$  , therefore the alternative hypothesis can be accepted or  $H_a$  , so it can be stated there is the influence of exercise Single leg Speed hop on the Result Long Jump Hop Style Squat in Student Junior High School I Bulango Ulu.*

*It can be concluded that the single leg speed hop exercise can give efect to the Long Jump Hop Style Squat In Student Junior High School I Bulango Ulu.*

**Keywords :** *single leg speed hop exercise and Long Jum*