

PERBANDINGAN PENGARUH LATIHAN *RUBBER* DAN LATIHAN *DUMBLLE* TERHADAP KEMAMPUAN *SHOOTING* BOLABASKET PADA SISWA PUTRA SMAN 2 KOTA GORONTALO

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Abstrak

Perbandingan Pengaruh Latihan Rubber Dan Latihan Dumblle Terhadap Kemampuan Shooting Bolabasket Pada Siswa Putra SMAN 2 Kota Gorontalo

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Dengan mengacup ada uraian latar belakang dan rumusan masalah tersebut, tujuan penelitian ini adalah : 1) Untuk mengkaji dan mengetahui ada pengaruh atau tidak yang signifikan latihan rubber terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo. 2) Untuk mengkaji dan mengetahui ada pengaruh atau tidak yang signifikan latihan dumblle terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo. 3) Untuk mengkaji dan mengetahui ada perbandingan pengaruh atau tidak yang signifikan antara latihan rubber dan dumblle terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo.

Jenis penelitian yang digunakan adalah kuantitatif dengan metode eksperimen semu(quasi experiment).Rancangan penelitian ini menggunakan matching only design, dan analisis data menggunakan Anova satu arah(One Way Anova). Proses pengambilan data dilakukan dengan tes Shooting Bolabasket Siswa SMAN 2 Kota Gorontalo

Hasil penelitian tentang pengaruh latihan rubber dan dumblle terhadap kemampuan shooting bolabasket pada siswa putra SMAN 2 Kota Gorontalo, maka kesimpulan dalam penelitian ini sebagai berikut : 1) Terdapat pengaruh yang signifikan latihan rubber terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo. 2) Terdapat pengaruh yang signifikan latihan dumblle terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo. 3) Terdapat Perbedaan pengaruh yang signifikan antara latihan rubber dan dumblle dan kelompok kontrol terhadap kemampuan Shooting Bolabasket Siswa Putra SMAN 2 Kota Gorontalo.

KataKunci: *Rubber, Dumblle, Shooting, Bolabasket*

COMPARATIVE EFFECTS OF EXERCISE RUBBER AND EXERCISE DUMBBLE BASKETBALL SHOOTING CAPABILITY AGAINST STUDENTS OF HIGH SCHOOL 2 GORONTALO CITY

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Abstract

Comparative Effects of Exercise Rubber And Exercise Dumbble Basketball Shooting Capability Against Students of High School 2 Gorontalo City

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With reference to the description of the background and the formulation of the problem, the purpose of this study are: 1) To examine and determine there is no significant influence or exercise of rubber on the ability of Students Basketball Shooting Son of High School 2 Gorontalo. 2) To examine and determine there is no significant influence or exercise dumbble on the ability of Students Basketball Shooting Son of High School 2 Gorontalo. 3) To assess and determine there is no comparison or no significant influence between rubber and dumbble exercises the ability of Students Basketball Shooting Son of High School 2 Gorontalo.

This type of research is quantitative with a quasi-experimental methods (quasi experiment). The design of this research use only matching design, and analysis of data using one-way ANOVA (One Way ANOVA). The process of data collection is done by testing Basketball Shooting High School 2 City of Gorontalo

Results of research on the influence of rubber and dumbble exercises for basketball shooting ability in boys High School 2 City of Gorontalo, the conclusions in this study as follows: 1) There is a rubber exercise significant influence on the ability Shooting Men's Basketball Students of High School 2 Gorontalo. 2) There is a significant effect on the ability of exercise dumbble Shooting Men's Basketball Students of High School 2 Gorontalo. 3) There is significant influence comparisons between rubber and dumbble training and the control group in the ability of Students Basketball Shooting Son of High School 2 City of Gorontalo.

Keywords: Rubber, Dumbble, Shooting, Basketball