

# PENGARUH LATIHAN LOMPAT MERAIH SASARAN TERHADAP KEMAMPUAN LOMPAT JAUH GAYA GANTUNG SISWA SMP NEGERI 1 TELAGA

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## Abstrak

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Penelitian ini bertujuan untuk meneliti seberapa besar pengaruh latihan lompat meraih sasaran terhadap kemampuan lompat jauh gaya gantung siswa SMP Negeri 1 Telaga 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 penelitian uji t diperoleh harga  $t_{hitung}$  untuk Variabel  $Y$  adalah 39.50 dan hasil  $t_{daftar}$  1.729 dengan kriteria pengujian Terima  $H_0$ , jika :  $-t_{(1-1/2\alpha)} < t < t_{(1-1/2\alpha)}$  dengan taraf nyata  $\alpha = 0,05$  atau  $\alpha = 0,01$  dan  $dk = n_1 + n_2 - 2$ . Jadi,  $H_0$  ditolak dan  $H_a$  di terima karena 39.50 berada pada daerah penerimaan  $H_a$ .

Dengan demikian dapat disimpulkan bahwa latihan lompat meraih sasaran memberikan pengaruh terhadap kemampuan lompat jauh siswa SMP Negeri 1 Telaga.

**Kata kunci:** Lompat Meraih Sasaran dan Lompat Jauh

# THE EFFECT OF EXERCISE JUMPING TO REACH THE TARGET LONG JUMP ABILITY STUDENT JUNIOR HIGH SCHOOL I TELAGA

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## *Abstract*

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*This study aimed to examine the influence exerted by exercise Jumping to Reach the Target Long Jump Ability Student Junior High School I Telaga 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  $t = 39.50$  .  $t_{table}$  value at  $\alpha = 0.05$  ;  $df = n - 1$  (  $20-1 = 19$  ) obtained a price of 1.729 Thus  $t_{count}$  greater than  $t_{table}$  (  $t_{count} = 39.50 > t_{table} = 1,729$  ) . 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 Jumping to Reach the Target Long Jump Ability Student Junior High School I Telaga.*

*It can be concluded that the jumping to reach the target exercise can give efect to the Long Jump Hop ability Student Junior High School I Telaga .*

**Keywords :** *Jumping to Reach the Target exercise and Long Jump*