

**PENGARUH LATIHAN VARIASI PUSH UP TERHADAP KEMAMPUAN
TOLAK PELURU GAYA MEMBELAKANGI PADA SISWA
KELAS VIII SMP NEGERI 1 TELAGA**

Arni¹⁾, Nurhayati Liputo²⁾, Ucok H. Refiater³⁾

¹FIKK, Universitas Negeri Gorontalo (Arni)

arni_kepelatihan2011@ung.ac.id

²FIKK, Universitas Negeri Gorontalo (Nurhayati Liputo)

nurhayati@yahoo.co.id

³FIKK, Universitas Negeri Gorontalo (Ucok H. Refiater)

ucokhasian@gmail.com

Abstrak

ARNI. NIM 832411050. (Skripsi 2015). Pengaruh Latihan Variasi Push Up Terhadap Kemampuan Tolak Peluru Gaya Membelakangi Pada Siswa Kelas VIII Smp Negeri 1 Telaga. Skripsi, Jurusan Pendidikan Kepelatihan Olahraga, Fakultas Ilmu-ilmu Kesehatan Dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I. Dra. Hj. Nurhayati Liputo, M.P.d. Pembimbing II. Ucok Hasian Refiater, S.Pd M.Pd

Masalah Dalam Penelitian ini Adalah Apakah terdapat pengaruh Latihan Variasi push Up Terhadap kemampuan tolak Peluru Gaya Membelakangi Pada Siswa Kelas VIII SMP Negeri Telaga. Tujuan Penelitian untuk Mengetahui Seberapa besar Pengaruh Latihan Variasi push up Terhadap Kemampuan Tolak Peluru Gaya Membelakangi Pada Siswa Kelas VIII Smp Negeri 1 Talaga. Metode Penelitian. Penelitian ini Merupakan Penelitian Eksperimen. Untuk Menguji Hipotesis Di gunakan Taktik pengujian Statistik deskriptif dan uji hipotesis Menggunakan uji t. hasil penelitian merupakan data pre-test dan post-test pada pengujian t yaitu di peroleh harga t_{hitung} 6,59. Sedangkan untuk harga t_{tabel} pada $\alpha=0,05$; $dk = n-1$ ($20-1=19$) di peroleh sebesar 1,7291 dengan demikian t_{hitung} lebih besar dari t_{tabel} ($t_{hitung} 6,59 > t_{tabel} = 1,7291$). Berdasarkan kriteria pengujian bahwa tolak H_0 : jika $t_{hitung} > t_{tabel}$ pada $\alpha 0,05$; $n-1$, Oleh karena itu H_a dapat di terima, sehingga dapat dinyatakan bahwa terdapat pengaruh Latihan Variasi Push Up Terhadap Kemampuan Tolak peluru gaya Membelakangi Pada Siswa Kelas VIII Smp Negeri 1 Telaga

Kata Kunci : Variasi Push Up, Tolak Peluru Gaya membelakangi

EFFECT OF EXERCISE VARIATIONS *PUSH UP* AGAINST ABILITY SHOT PUT STYLE BACKS AT GRADE VIII SMP STATE 1 TELAGA

Arni¹⁾, Nurhayati Liputo²⁾, Ucok H. Refiater³⁾

¹FIKK, Universitas Negeri Gorontalo (Arni)

arni_kepelatihan2011@ung.ac.id

²FIKK, Universitas Negeri Gorontalo (Nurhayati Liputo)

nurhayati@yahoo.co.id

³FIKK, Universitas Negeri Gorontalo (Ucok H. Refiater)

ucokhasian@gmail.com

Abstract

ARNI. NIM 832411050. (Skripsi 2015).Effect of Exercise Variations Push Up Against Ability Shot Put Style backs At Grade VIII Smp State 1 Telaga. Skripsi, Department of Sports Coaching Education, Faculty of Health Sciences and Sport, State University of Gorontalo. Supervisor I.Dra.Hj.Nurhayati Liputo, M.Pd. Supervisor II.Ucok Hasian Refiater, S.Pd, M.Pd

Problem In this study is Are there exercises influence Variations Push Up Against ability to reject Bullet Style backs At Class VIII students of SMP State 1 Telaga. Purpose Research on Effects of Exercise Knowing How much Variation push up against Capability Shot Put Style backs At Grade VIII Smp State 1 telaga. Methods This study is a research experiment. For Testing Hypothesis testing Tactics In use descriptive statistics and hypothesis testing Using t.hasil test research is a data pre-test and post-test at the testing is obtained t t price of 6.59. As for the price of t table at $\alpha = 0.05$; $dk = n-1$ ($20-1 = 19$) were obtained by 1.7291 thus t is greater than t table ($t \text{ hitung } 6.59 > t \text{ table } = 1.7291$). Based on testing criteria that reject H_0 : if $t > t \text{ table}$ at $\alpha 0.05$; $n-1$, therefore H_a can be received, so that it can be stated that there are significant variation Exercise Push Up Against ability Reject bullet style Students of Class VIII turned Smp State 1 Telaga

Keywords: Variations Push Up, Shot Put Style backs