

PENGARUH SINGLE LEG STRIDE JUMP TERHADAP KETEPATAN SMASH PEMAIN BOLA VOLI SISWA PUTRA SMP NEGERI 1 PATILANGGIO

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Abstrak

NASIR AGUWELI. NIM. 832 410 057. (Skripsi 2015). "Pengaruh Single Leg Stride Jump Terhadap Ketepatan Smash Pemain Bola Voli Siswa Putra SMP Negeri 1 Patilanggio". Skripsi, Jurusan Pendidikan Keperawatan Olahraga, Fakultas Ilmu-Ilmu Kesehatan Dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I. Ruslan, S.Pd M.Pd dan Pembimbing II. Edy Dharma P. Duhe, S.Pd M.Pd

Pokok permasalahan dalam penelitian ini adalah: Apakah single leg stride jump dapat meningkatkan ketepatan smash pemain bola voli siswa putra SMP negeri 1 Patilanggio. Tujuan penelitian : untuk mengetahui seberapa besar pengaruh single leg stride jump terhadap ketepatan smash pemain bola voli siswa putra SMP negeri 1 Patilanggio. Metode penelitian ini merupakan penelitian Eksperimen. Populasi seluruh siswa putra SMP negeri 1 Patilanggio. Sampel dalam penelitian ini adalah sebanyak 20 orang. Desain penelitian ini adalah One Group Pre test and Post test. Berdasarkan hasil penelitian dan hasil pengujian diperoleh data pre test and post test menunjukkan harga t_{hitung} sebesar 4,30, Sedangkan dari daftar distribusi memperoleh harga t_{daftar} sebesar 1,72. Ternyata harga t_{hitung} lebih besar dari tabel/daftar atau harga t_{hitung} telah berada diluar daerah penerimaan H_0 , sehingga H_a diterima dan tidak menerima H_0 . Jadi dapat disimpulkan single leg stride jump memiliki pengaruh yang signifikan terhadap ketepatan smash pemain bola voli siswa putra SMP N 1 Patilanggio.

Kata kunci : single leg stride jump, ketepatan smash.

EFFECT OF SINGLE LEG STRIDE AGAINST ACCURACY JUMP SMASH VOLLEYBALL PLAYERS STUDENTS SON OF SMP NEGERI 1 PATILANGGIO

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Abstract

NASIR AGUWELI. NIM. 832 410 057. (Thesis 2015). "Effect of Single Leg Stride Against Accuracy Jump Smash Volleyball Players Students Son of SMP Negeri 1 Patilanggio". Thesis, Department of Sports Coaching Education, Faculty of Health Sciences and Sport, University of Gorontalo. Supervisor Ruslan S. Pd M.Pd and Advisor II. Edy Dharma P. Duhe, S. Pd M.Pd

The problem in this research is: Are single leg stride jump can improve the accuracy smash volleyball player men's junior high school students 1 Patilanggio. Objective: to determine how much influence the single-leg stride jump to the accuracy smash volleyball player men's junior high school students 1 Patilanggio. Methods This study is a research experiment. The population of the entire country by boys junior 1 Patilanggio. The sample in this study were as many as 20 people. This study design is one group pre test and Post-test. Based on the results of research and testing results obtained from the data pre-test and post-test showed t price of 4.30, while obtaining the distribution list price of 1.72 t list. It turns out that the price of t is greater than the table / list or price t have to be outside the reception daerah Ho, so that Ha Ho received and did not receive. So it can be concluded single leg stride jump has a significant effect on the accuracy smash volleyball player male students of SMP N 1 Patilanggio.

Keywords: *single leg stride jump, smash accuracy.*