

ABSTRAK

DEFFI PUTRI EKA DEWI KUSMANA. (2026). Skripsi ini berjudul “Dampak Latihan *Power Step Ups* Dan *Box Jump-Up With Stabilization Progression* Terhadap Hasil Power Tungkai”. Bapak Dr. Dede Iman Suhendra, S.Pd.,M.Pd sebagai pembimbing I, Ibu Isna Daniyati Nursasih, S.Pd.,M.Pd sebagai pembimbing II.

Penelitian ini bertujuan untuk mengetahui: (1) pengaruh latihan *power step ups* terhadap peningkatan power otot tungkai, (2) pengaruh latihan *box jump-up with stabilization progression* terhadap peningkatan power otot tungkai, dan (3) perbedaan pengaruh kedua metode latihan tersebut terhadap peningkatan power otot tungkai pada siswa ekstrakurikuler bola voli SMA Negeri 1 Baregbeg Kabupaten Ciamis. Penelitian menggunakan metode eksperimen dengan desain *pretest-posttest* yang melibatkan dua kelompok perlakuan. Sampel penelitian berjumlah 16 siswa yang dibagi menjadi dua kelompok, masing-masing terdiri atas 8 orang. Instrumen yang digunakan untuk mengukur power otot tungkai adalah *vertical jump test*. Program latihan dilaksanakan selama enam minggu dengan frekuensi tiga kali latihan setiap minggu. Analisis data dilakukan menggunakan statistik deskriptif, uji normalitas Shapiro–Wilk, uji homogenitas Levene, *paired sample t-test*, dan *independent sample t-test* dengan bantuan IBM SPSS Statistics versi 26. Hasil penelitian menunjukkan bahwa data berdistribusi normal dan homogen sehingga memenuhi persyaratan analisis statistik parametrik. Hasil *paired sample t-test* menunjukkan bahwa latihan *power step ups* memberikan pengaruh yang signifikan terhadap peningkatan power otot tungkai (Sig. = 0,000 < 0,025), demikian pula latihan *box jump-up with stabilization progression* juga memberikan pengaruh yang signifikan (Sig. = 0,000 < 0,025). Selanjutnya, hasil *independent sample t-test* menunjukkan terdapat perbedaan pengaruh yang signifikan antara kedua metode latihan terhadap peningkatan power otot tungkai (Sig. = 0,039 < 0,05). Dengan demikian, kedua metode latihan efektif untuk meningkatkan power otot tungkai, namun terdapat perbedaan efektivitas di antara keduanya dalam meningkatkan kemampuan daya ledak tungkai siswa ekstrakurikuler bola voli.

Kata kunci: *power step ups*, *box jump-up with stabilization progression*, power otot tungkai, bola voli.

ABSTRACT

DEFFI PUTRI EKA DEWI KUSMANA. (2026). This thesis is entitled "The Impact of Power Step-Ups and Box Jump-Ups with Stabilization Progression on Leg Power Results." Dr. Dede Iman Suhendra, S.Pd., M.Pd., served as the first supervisor, and Ms. Isna Daniyati Nursasih, S.Pd., M.Pd., served as the second supervisor.

This study aims to determine: (1) the effect of power step-ups on increasing leg muscle power, (2) the effect of box jump-ups with stabilization progression on increasing leg muscle power, and (3) the difference in the effect of the two training methods on increasing leg muscle power in extracurricular volleyball students at SMA Negeri 1 Baregbeg, Ciamis Regency. The study used an experimental method with a pretest-posttest design involving two treatment groups. The study sample consisted of 16 students divided into two groups of eight students each. The instrument used to measure leg muscle power was the vertical jump test. The training program was conducted for six weeks with a frequency of three training sessions per week. Data analysis was performed using descriptive statistics, the Shapiro–Wilk normality test, Levene's homogeneity test, paired sample t-test, and independent sample t-test with the help of IBM SPSS Statistics version 26. The results showed that the data were normally distributed and homogeneous, thus meeting the requirements for parametric statistical analysis. The results of the paired sample t-test showed that power step-ups training had a significant effect on increasing leg muscle power (Sig. = 0.000 < 0.025), likewise box jump-ups with stabilization progression training also had a significant effect (Sig. = 0.000 < 0.025). Furthermore, the results of the independent sample t-test showed a significant difference in the effect between the two training methods on increasing leg muscle power (Sig. = 0.039 < 0.05). Thus, both training methods are effective in increasing leg muscle power, but there are differences in effectiveness between them in improving the explosive leg power of extracurricular volleyball students.

Keywords: power step ups, box jump-up with stabilization progression, leg muscle power, volleyball.