

ABSTRACT

GALANG AULIA RAHMANADIREDA. 2019. Comparison of the Effect of Jumping Up and Down Stairs on One Leg and Jumping Up and Down on Two Legs on Leg Muscle Power. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

SMPN 1 Jatiwaras is a school in Tasikmalaya district which every year takes part in O2SN activities at the sub-district level. The achievements achieved by O2SN at the sub-district level have not yet reached maximum performance. One of the causes of lack of performance is because the leg muscles of volleyball players at SMPN 1 Jatiwaras are still lacking. This can be seen when spikes are easily blocked by the opponent or involve the net due to a lack of high jump or repulsion, as well as when blocks are often unsuccessful due to a lack of jump. The aim of this research is to obtain information about the comparison of the effect of jumping up and down stairs on one leg and jumping up and down stairs on two legs on leg muscle power. The research method used is the experimental method. The population in this study was the volleyball extracurricular of SMPN 1 Jatiwaras with a total of 20 people with the total sample used, namely taking all members of the SMPN 1 Jatiwaras volleyball extracurricular, totaling 20 people, as the research sample. Based on the results of data processing using statistical tests, it turns out that empirically the results of this research show that the practice of jumping up and down stairs on one leg with the practice of jumping up and down stairs on two legs has a significant effect on increasing the leg muscle power of volleyball players at SMPN 1 Jatiwaras. Based on the results of the research above, the author suggests to various parties related to sports, especially volleyball, that they should do plyometric exercises, one of which is jumping up and down stairs with one leg because this exercise is very important for increasing the power of the leg muscles. when making a jump.

Keywords: Exercises for jumping up and down stairs with one leg, exercises for jumping up and down stairs with two legs, leg muscle power