

ABSTRAK

HENDRA PERMANA PUTRA. 2024. **Pengaruh Latihan Dengan Alat Bantu *Resistance Band* Terhadap Kecepatan Tendangan T Pencak Silat.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Pencak silat adalah budaya asli Indonesia yang diwariskan dari leluhur dengan teknik bela diri sejak prasejarah. Salah satu teknik yang sering digunakan adalah tendangan T, yang efektif untuk menyerang dari jarak jauh dan menghasilkan poin. Namun, kurangnya latihan kecepatan dan teknik tendangan T yang tepat bisa menjadi masalah bagi atlet di UKM Pencak Silat Universitas Siliwangi. Penelitian ini bertujuan untuk mengungkap dan menganalisis pengaruh penggunaan alat bantu *Resistance Band* terhadap kecepatan tendangan T atlet di UKM Pencak Silat Universitas Siliwangi. Metode penelitian yang digunakan metode eksperimen dengan desain *pretest and posttest* desain instrumen penelitian menerapkan *test* kecepatan tendangan T (Lubis 2014). Populasi sebanyak 29 orang dengan sampel berjumlah 15 orang analisis data menerapkan uji t dan hasil penelitian diperoleh t_{hitung} sebesar 38,719, sehingga t_{hitung} lebih besar dari t_{tabel} dan berada diluar penerimaan hipotesis nol sebesar 1,761, artinya hipotesis penelitian diterima atau hipotesis nol di tolak. Maka terdapat pengaruh yang berarti latihan dengan alat bantu *Resistance Band* terhadap kecepatan tendangan T pencak silat.

Kata Kunci: Alat Bantu, Kecepatan, *Resistance Band*, Tendangan T

ABSTRACT

HENDRA PERMANA PUTRA. 2024. *The Effect of Resistance Band Training on the Speed of T Kicks in Pencak Silat*. Department of Physical Education, Faculty of Educational Sciences and Teachers' Training, Siliwangi University, Tasikmalaya.

Pencak silat is an indigenous Indonesian culture passed down from ancestors with martial arts techniques dating back to prehistory. One technique that is often used is the T kick, which is effective for attacking from a distance and generating points. However, the lack of speed training and proper T-kick technique could be a problem for athletes at Siliwangi University's Pencak Silat Student Activity Unit at Siliwangi University. The purpose of this study is to reveal and analyze the effect of using a resistance band as a training aid on the speed of T kicks among athletes in the Pencak Silat Student Activity Unit at Siliwangi University. The research method used is an experimental method with a pretest and posttest design. The research instrument involved applying the T kick speed test (Lubis 2014). The population consisted of 29 individuals, with a sample of 15 people. Data analysis was conducted using a t-test, and the results showed a t_{value} of 38.719, which is greater than the t_{table} value and falls outside the acceptance of the null hypothesis at 1.761. This means that the research hypothesis is accepted, or the null hypothesis is rejected. Therefore, there is a significant effect of resistance band training on the speed of the T kick in Pencak Silat.

Keywords: *Equipment, Speed, Resistance Band, T-Kick*