

ABSTRAK

MUHAMMAD NAZAR NUR HALIM. 2024. **Pengaruh Latihan *Plyometric Box Jump* terhadap *Power* Otot Tungkai Atlet Bola Voli.** Jurusan Pendidikan Jasmani. Fakultas keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric box jump* terhadap *power* otot tungkai atlet bola voli. Metode yang digunakan dalam penelitian ini adalah eksperimen dengan desain *pre-test* dan *post-test*, di mana sampel penelitian terdiri dari 20 orang atlet bola voli Club Botabex Ciamis yang dipilih secara *purposive sampling* usia 16 – 18 tahun. Sebelum dan setelah mengikuti program latihan *plyometric box jump* selama 4 minggu, masing-masing atlet diuji untuk mengukur *power* tungkai menggunakan *test vertical jump*. Data yang diperoleh dengan teknik analisis data uji normalitas, uji homogenitas dan uji hipotesis untuk mengetahui perbedaan signifikan antara nilai *pre-test* dan *post-test*. Dari hasil perhitungan diperoleh $t_{hitung} = 7,08$ dan $t_{table (0,975)(19)} = 2,093$. Ini berarti $t_{hitung} > t_{tabel}$ dan berada diluar daerah penerimaan hipotesis nol (H_0). Dengan demikian dapat disimpulkan bahwa ada pengaruh latihan *plyometric box jump* terhadap *power* otot tungkai pada atlet klub bola voli Botabex Ciamis secara signifikan setelah mengikuti program latihan *plyometric box jump*.

Kata Kunci: Latihan *Plyometric Box Jump*, *Power* Tungkai, Atlet Bola Voli.

ABSTRACT

*Muhammad Nazar Nur Halim. 2024. **The Effect of Plyometric Box Jump Training on Lower Limb Power in Volleyball Athletes.** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.*

This study aims to determine the effect of plyometric box jump training on the improvement of lower limb power in volleyball athletes. The method used in this study is an experimental design with pre-test and post-test, where the research sample consists of 20 volleyball athletes from Club Botabex Ciamis, aged 16 to 18, selected through purposive sampling. Before and after participating in a 4-week plyometric box jump training program, each athlete was tested to measure lower limb power using the vertical jump test. The data obtained were analyzed using normality test, homogeneity test, and hypothesis test to determine significant differences between pre-test and post-test values. The results showed $t\text{-count} = 7.08$ and $t\text{-table } (0.975)(19) = 2.093$. This means $t\text{-count} > t\text{-table}$ and is outside the acceptance region of the null hypothesis (H_0). Therefore, it can be concluded that plyometric box jump training significantly affects lower limb power in the volleyball athletes of Botabex Ciamis after completing the training program.

Keywords: *Plyometric Box Jump Training, Lower Limb Power, Volleyball Athletes.*