

ABSTRAK

LIA ELIYANI APRIDA. 2026. **Pengaruh Latihan *Hexagon* Terhadap Peningkatan *Agility* Pada Anggota Ekstrakurikuler Bola Voli Putri MTs Karangpari.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini dilatarbelakangi oleh rendahnya kemampuan *agility* anggota ekstrakurikuler bola voli MTs Karangpari. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *hexagon* terhadap peningkatan *agility* pada anggota ekstrakurikuler bola voli putri MTs Karangpari. Metode yang digunakan adalah metode eksperimen dengan desain *One-Group Pre-test Post-test Design*. Sampel penelitian berjumlah 20 siswa putri yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah *T-Test* dengan satuan waktu detik. Perlakuan latihan *hexagon* diberikan selama 6 minggu dengan frekuensi 3 kali per minggu. Hasil penelitian menunjukkan bahwa nilai rata-rata *pre-test* sebesar 16,935 detik dan *post-test* sebesar 15,679 detik, sehingga terjadi peningkatan sebesar 1,256 detik. Uji normalitas menggunakan Liliefors menunjukkan bahwa data *pre-test* memperoleh L hitung 0,1293 < L tabel 0,190 dan data *post-test* memperoleh L hitung 0,1147 < L tabel 0,190, sehingga kedua data berdistribusi normal. Uji homogenitas menunjukkan nilai F hitung 1,06 < F tabel 2,16 yang berarti data bersifat homogen. Hasil uji hipotesis dengan uji-t memperoleh nilai t hitung 27,24 > t tabel 1,7291 pada taraf signifikansi 0,05, sehingga hipotesis nol ditolak. Dengan demikian, terdapat pengaruh yang signifikan latihan *hexagon* terhadap peningkatan *agility* pada anggota ekstrakurikuler bola voli putri MTs Karangpari.

Kata kunci: *Agility*, Anggota Ekstrakurikuler Bola Voli Putri MTs Karangpari,
Latihan *Hexagon*

ABSTRACT

LIA ELIYANI APRIDA. 2026. *The Effect of Hexagon Training on Increasing Agility in MTs Karangpari Women's Volleyball Extracurricular Members*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This research is motivated by the low agility ability of extracurricular members of MTs Karangpari. This study aims to determine the effect of hexagon training on increasing agility in MTs Karangpari women's volleyball extracurricular members. The method used is an experimental method with One-Group Pre-test Post-test Design. The research samples amounted to 20 female students who were selected using purposive sampling techniques. The instrument used is the T-Test with a unit of time of seconds. Hexagon exercise treatment is given for 6 weeks with a frequency of 3 times per week. The results showed that the average pre-test value was 16.935 seconds and the post-test was 15.679 seconds, resulting in an increase of 1.256 seconds. The normality test using Liliefors showed that the pre-test data obtained L calculation $0.1293 < L$ table of 0.190 , and the post-test data obtained L calculation $0.1147 < L$ table 0.190 , so that both data were normally distributed. The homogeneity test showed an F value of $1.06 < F$ of table of 2.16 which means that the data was homogeneous. The results of the hypothesis test with the t-test obtained a t-value calculated $27.24 > t$ table 1.7291 at a significance level of 0.05 , so that the null hypothesis was rejected. Thus, there is a significant influence of hexagon training on increasing agility in MTs Karangpari women's volleyball extracurricular members.

Keywords: *Agility, Hexagon Exercise, MTs Karangpari Women's Volleyball Extracurricular Members*