

ABSTRAK

FITRIA SUSANTI, 2026. **Pengaruh Latihan Pliometrik terhadap Peningkatan Power Otot Lengan serta Implikasinya terhadap Hasil *Shooting Free Throw* pada Atlet Ekstrakurikuler Bola Basket SMP Negeri 11 Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini dilakukan karena banyak atlet mengalami kesulitan saat melakukan *shooting free throw*, di mana tembakan *free throw* tersebut sering tidak mengenai sasaran. Dan salah satu faktor yang menghambat tersebut adalah power otot lengan yang masih lemah. Dengan hal tersebut, peneliti mengambil tindakan penelitian dengan menggunakan treatment latihan pliometrik *push-up* tepuk dan *chair dips*. Penelitian ini menggunakan metode eksperimen dengan desain "*one group pretest posttest design*". Instrumen untuk mengukur *power* otot lengan yaitu dengan menggunakan tes overhead medicine ball throw, dan tes *shooting free throw* untuk mengetahui implikasi dari treatment yang dilakukan. Hasil penelitian menunjukkan bahwa (1) Latihan pliometrik memberikan pengaruh yang signifikan terhadap peningkatan power otot lengan pada atlet ekstrakurikuler bola basket SMP Negeri 11 Tasikmalaya dengan di peroleh t_{hitung} 23,52 dan t_{tabel} 1,782. (2) Terdapat implikasi yang berarti dari latihan power otot lengan terhadap hasil *shooting free throw* pada atlet ekstrakurikuler bola basket SMP Negeri 11 Tasikmalaya dengan di peroleh t_{hitung} 16,67 dan t_{tabel} 1,782. Dengan menerapkan program latihan pliometrik dapat memberikan pengaruh yang signifikan terhadap peningkatan power otot lengan sehingga hal tersebut memberikan implikasi yang berarti terhadap hasil *shooting free throw*.

Kata Kunci: Latihan pliometrik, *Power* otot lengan, *Shooting free throw*

ABSTRACT

FITRIA SUSANTI, 2026. *The Effect of Plyometric Training on Increasing Arm Muscle Power and Its Implications on Free Throw Shooting Results in Extracurricular Basketball Athletes at State Junior High School 11 Tasikmalaya.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study was conducted because many athletes experience difficulties when performing free throw shooting, where the shots often fail to reach the target. One of the inhibiting factors is the lack of arm muscle power. Based on this issue, the researcher implemented a treatment in the form of plyometric exercises, specifically clap push-ups and chair dips. This study employed an experimental method with a “one-group pretest–posttest design”. The instrument used to measure arm muscle power was the overhead medicine ball throw test, while a free throw shooting test was used to determine the implications of the treatment applied. The results showed that: (1) Plyometric training had a significant effect on increasing arm muscle power in extracurricular basketball athletes of SMP Negeri 11 Tasikmalaya, with a calculated t_{hitung} 23,52 and t_{tabel} 1,782. (2) There was a significant implication of arm muscle power training on free throw shooting results in the extracurricular basketball athletes of SMP Negeri 11 Tasikmalaya, with a calculated t_{hitung} 16,67 and t_{tabel} 1,782. The implementation of a plyometric training program significantly improved arm muscle power, which in turn had a meaningful impact on free throw shooting performance.

Keywords: Plyometric training, Arm muscle power, Free throw shooting