

ABSTRAK

Raditya Fauzan Suryadi, 2026. **“Pengaruh Latihan *Pull Up* Terhadap Kekuatan Otot Lengan dan Implikasi *Shooting Free Throw* Siswa Ektrakurikuler Bola Basket SMAN 9 Bogor”**. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *pull up* terhadap kekuatan otot lengan dan *shooting free throw* siswa ekstrakurikuler bola basket SMAN 9 Bogor. Dalam penelitian ini, penulis menggunakan metode penelitian kuantitatif eksperimen. Desain penelitian ini menggunakan *pre-test* dan *post-test design*. Sampel dalam penelitian ini adalah siswa ekstrakurikuler bola basket SMAN 9 Bogor yang berjumlah 20 siswa. Teknik pengambilan Sampel yang digunakan dalam penelitian ini adalah menggunakan teknik total *sampling* dengan jumlah sampel 20 siswa. Instrumen penelitian menggunakan tes kekuatan otot lengan dan *shooting free throw*, yang dilakukan sebelum dan sesudah perlakuan (latihan *pull up*) selama 12 pertemuan. Hasil analisis data menunjukkan peningkatan nilai rata-rata dari *pretest* dan *posttest* kekuatan otot lengan, di mana nilai rata-rata *pretest* sebesar 23,1 meningkat menjadi 24,8 pada *posttest*. Selain itu, hasil uji t menunjukkan nilai t hitung sebesar 14,45 yang lebih besar dari t tabel sebesar 1,73. Peningkatan nilai rata-rata *shooting free throw*, di mana nilai *pretest* sebesar 4,8 meningkat menjadi 6,4 pada *posttest*. Selain itu, hasil uji t menunjukkan nilai t hitung sebesar 8,40 yang lebih besar dari t tabel 1,73. Dengan demikian, latihan *pull up* memiliki pengaruh yang signifikan terhadap kekuatan otot lengan dan *shooting free throw* siswa ekstrakurikuler bola basket SMAN 9 Bogor.

Kata Kunci: Basket, *Pull Up*, Kekuatan Otot Lengan, Implikasi *Shooting Free Throw*.

ABSTRACT

Raditya Fauzan Suryadi, 2026. ***“The Effect of Pull-Up Training on Arm Muscle Strength and Implications Free Throw Shooting of Basketball Extracurricular Students at SMAN 9 Bogor”***. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the effect of pull-up training on arm muscle strength and free throw shooting ability of basketball extracurricular students at SMAN 9 Bogor. This research employed a quantitative experimental research method. The research design used a pre-test and post-test design. The sample in this study consisted of 20 basketball extracurricular students at SMAN 9 Bogor. The sampling technique used was total sampling, with a total of 20 students. The research instruments were arm muscle strength tests and free throw shooting tests, which were conducted before and after the treatment (pull-up training) over 12 training sessions. The results of data analysis showed an increase in the average scores of arm muscle strength from the pre-test to the post-test, where the pre-test mean score was 23.1 and increased to 24.8 in the post-test. In addition, the t-test results showed that the calculated t-value was 14.45, which was greater than the t-table value of 1.73. There was also an increase in the average free throw shooting score, where the pre-test mean score was 4.8 and increased to 6.4 in the post-test. Furthermore, the t-test results showed that the calculated t-value was 8.40, which was greater than the t-table value of 1.73. Therefore, it can be concluded that pull-up training has a significant effect on arm muscle strength and free throw shooting ability of basketball extracurricular students at SMAN 9 Bogor.

Keywords: *Basketball, Pull-Up, Arm Muscle Strength, Implications Free Throw Shooting.*