

ABSTRAK

RAIHAN AL FAREZ. 2026. *Pengaruh Latihan Beban Botol Berpasir terhadap Hasil Servis Atas Ekstrakurikuler Bola Voli SMPN 1 Selaawi*. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi.

Penelitian ini menggunakan metode eksperimen dengan desain One Group Pretest-Posttest Design. Populasi penelitian adalah seluruh anggota ekstrakurikuler bola voli SMPN 1 Selaawi yang berjumlah 20 orang. Teknik pengambilan sampel menggunakan sampling jenuh, sehingga seluruh anggota populasi dijadikan sampel penelitian. Instrumen penelitian menggunakan tes keterampilan servis atas bola voli dengan enam kali kesempatan melakukan servis. Prosedur penelitian diawali dengan pelaksanaan pretest, dilanjutkan pemberian perlakuan berupa latihan beban botol berpasir selama 16 kali pertemuan sesuai program latihan yang telah disusun, kemudian diakhiri dengan pelaksanaan posttest. Data dianalisis menggunakan statistik deskriptif, uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji-t pada taraf signifikansi 0,05.

Hasil penelitian menunjukkan bahwa terdapat peningkatan kemampuan servis atas setelah diberikan perlakuan latihan beban botol berpasir. Hasil pengujian hipotesis memperoleh nilai sebesar 15,99, sedangkan nilai pada taraf signifikansi 0,05 sebesar 1,73, sehingga Hasil tersebut menunjukkan bahwa hipotesis penelitian diterima. Dengan demikian, latihan beban menggunakan botol berpasir memberikan pengaruh yang signifikan terhadap peningkatan hasil servis atas peserta ekstrakurikuler bola voli SMPN 1 Selaawi. Latihan beban botol berpasir dapat dijadikan sebagai salah satu alternatif program latihan untuk meningkatkan kekuatan otot lengan dan kualitas pelaksanaan servis atas pada siswa tingkat sekolah menengah pertama.

Kata kunci: bola voli, latihan beban, botol berpasir, servis atas.

ABSTRACT

RAIHAN AL FAREZ. 2026. *The Effect of Sand-Filled Bottle Resistance Training on the Overhand Serve Performance of Volleyball Extracurricular Participants at SMPN 1 Selaawi.* Department of Physical Education, Faculty of Teacher Training and Education, Universitas Siliwangi.

This study employed an experimental research method using a One-Group Pretest–Posttest Design. The population consisted of 20 students who participated in the volleyball extracurricular program at SMPN 1 Selaawi. Since the population was relatively small, a total sampling technique was applied, in which all members of the population were selected as the research sample. The research instrument was an overhand serve skill test in which each participant performed six service attempts. The research procedure began with a pretest, followed by the implementation of a sand-filled bottle resistance training program for 16 training sessions, and concluded with a posttest. The collected data were analyzed using descriptive statistics, normality and homogeneity tests, and a paired t-test at a significance level of 0.05.

The results indicated a significant improvement in students' overhand serve performance after the implementation of the training program. The hypothesis testing produced a t-value of 15.99, which was higher than the t-table value of 1.73 at the 0.05 significance level. Therefore, the research hypothesis was accepted. It can be concluded that sand-filled bottle resistance training has a significant positive effect on improving the overhand serve performance of students participating in the volleyball extracurricular program at SMPN 1 Selaawi. Consequently, sand-filled bottle resistance training can be recommended as an effective and practical alternative training method for enhancing arm muscle strength and improving the quality of overhand serve performance among junior high school students.

Keywords: *volleyball, sand-filled bottle, resistance training, overhand serve.*