

ABSTRAK

Leni Andriani .2026. **Pengaruh Latihan *Single Ankle Leg Hop* Terhadap Power Otot Tungkai Pada Anggota Tarung Derajat Satlat Dadaha.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui adanya pengaruh Dari Latihan *Single Ankle Leg Hop* terhadap peningkatan *Power* otot tungkai pada anggota satlat dadaha Kota Tasikmalaya. Penelitian ini menggunakan metode *One group pretest-posttest design* yang dimana dalam penelitian ini tidak ada kelompok pembandingan. Populasi penelitian ini merupakan anggota kurata 4 15 orang. Instrumen yang digunakan adalah *Standing Board Jump*. Hasil pengujian menunjukkan bahwa adanya pengaruh dari latihan *Single Ankle Leg Hop* terhadap peningkatan *power* otot tungkai pada anggota satlat dadaha Kota Tasikmalaya. Uji hipotesis menunjukkan bahwa nilai $t_{hitung} 5,51 > t_{tabel} 1,79$, sehingga hal tersebut menunjukkan H_0 ditolak dan H_a diterima yang berarti bahwa ada pengaruh yang signifikan terhadap peningkatan *power* otot tungkai pada anggota tarung derajat salad dadaha setelah diberi perlakuan dengan menggunakan latihan *Single Ankle Leg Hop*.

Kata Kunci: *Power Otot Tungkai, Single Ankle Leg Hop, Tarung Derajat*

ABSTRACT

*Leni Andriani. 2026. **The Effect of Single Ankle Leg Hop Exercise on Lower Limb Muscle Power in Tarung Derajat Athletes of Satlat Dadaha.** Department of Physical Education, Faculty of Teacher Training and Education, Universitas Siliwangi, Tasikmalaya.*

This study aims to determine the effect of Single Ankle Leg Hop exercise on the improvement of lower limb muscle power in members of Tarung Derajat Satlat Dadaha, Tasikmalaya City. The research employed a pre-experimental method using a one-group pretest-posttest design without a control group. The population of this study consisted of 15 members at Kurata level IV. The instrument used to measure lower limb muscle power was the standing broad jump test. The results of the analysis showed that there was a significant effect of the Single Ankle Leg Hop exercise on increasing lower limb muscle power. The hypothesis testing indicated that the value of t-count (5.51) was greater than t-table (1.79), which means that the null hypothesis (H_0) was rejected and the alternative hypothesis (H_1) was accepted. Therefore, it can be concluded that the Single Ankle Leg Hop exercise has a significant effect on improving lower limb muscle power in Tarung Derajat athletes of Satlat Dadaha after receiving the treatment.

Keywords: *Lower Limb Muscle Power, Single Ankle Leg Hop, Tarung Derajat*