

## ABSTRACT



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**"THE DIFFERENCES ADDITIONAL SKIPPING IN SQUATS DEPTH JUMP EXERCISE TO IMPROVE LEG MUSCLE EXPLOSIVE POWER FOR VOLLEY BALL PLAYERS AT VOCATIONAL HIGH SCHOOL 60 JAKARTA"**

**This Undergraduate Tesis Include 6 BAB, 76 Pages, 15 Tables, 8 Images, 3 Graphics, 11 Attachments**

**Purpose:** To determine the differences additional skipping in squat depth jump exercise to improve leg muscle explosive power. The population is a volleyball players at vocational high school 60 Jakarta. The research was conducted 12 times in one month from 10<sup>th</sup> November to 12<sup>nd</sup> December 2014. **Methods:** This research used experimental design with pre-test and post-test control group design. With random sampling method, 18 samples were divided into two groups each group contains with 9 samples. The control group with squat depth jump exercises and the treatment group with a combination of squats depth jump exercises and skipping. **Results:** The shapiro wilk test results showed normal distribution of data with  $\text{sig} > 0.05$ . Homogeneity test results using levene's test indicated the data is homogeneous with  $\text{sig} = 0.301$  ( $\text{sig} > 0.05$ ). The first hypothesis test results using paired-samples t test obtained  $\text{sig} = 0.001$ , the second hypothesis test using paired-samples t test obtained  $\text{sig} = 0.001$  and the third hypothesis test using independent samples t test obtained  $\text{sig} = 0.001$ . **Conclusion:** It can be concluded that squats depth jump exercise can improve leg muscle explosive power for volleyball players at vocational high school 60 Jakarta, the combination of squat depth jump exercise and skipping can improve leg muscle explosive power for volley ball players at vocational high school 60 Jakarta, and there are differences in additional skipping in squat depth jump exercise to improve leg muscle explosive power for volley ball players at vocational high school 60 Jakarta.

**Keywords:** leg muscle explosive power, squat depth jump exercise, skipping.