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PERBEDAAN *TUCK JUMP EXERCISE* DAN *DEPTH JUMP EXERCISE* PADA *WOBBLE BOARD EXERCISE* TERHADAP PENINGKATAN TINGGI LOMPATAN ANAK USIA 11-12 TAHUN

Terdiri VI Bab, 95 Halaman, 13 Tabel, 14 Gambar, 4 Skema, 7 Grafik, 6 Lampiran

Tujuan : Untuk mengetahui perbedaan *tuck jump exercise* dan *depth jump exercise* pada *wobble board exercise* terhadap peningkatan tinggi lompatan pada anak usia 11-12 tahun. **Sampel :** Terdiri dari 26 orang siswa SDN Karang Tengah 07, dipilih berdasarkan teknik *purposive sampling*. Sampel dikelompokkan menjadi dua kelompok perlakuan, kelompok perlakuan I terdiri dari 13 orang dengan latihan *tuck jump* dengan *wobble board* dan kelompok perlakuan II yang terdiri dari 13 orang dengan latihan *depth jump* dengan *wobble board*. **Metode :** Penelitian ini merupakan jenis penelitian *eksperiment* dengan *pre test-post test design* untuk mengetahui perbedaan suatu latihan yang diberikan terhadap objek penelitian. Analisis statistik penelitian ini menggunakan *Paired Sample Test* dan *Independent Sample T-Test*. **Hasil :** Hasil uji normalitas menggunakan *Shapiro Wilk Test* didapatkan data terdistribusi normal sedangkan uji homogenitas menggunakan *Levene's Test* didapatkan data varian yang homogen. Uji hipotesis I menggunakan *Paired Sample Test* menunjukkan nilai $p=0.000$ dengan $mean\pm SD$ sebelum = 25.592 ± 3.5797 dan $mean\pm SD$ sesudah = 30.885 ± 4.0008 yang berarti *tuck jump exercise* dan *wobble board exercise* dapat meningkatkan tinggi lompatan anak usia 11-12 tahun. Uji hipotesis II menggunakan *Paired Sample Test* menunjukkan nilai $p=0.000$ dengan $mean\pm SD$ sebelum = 27.169 ± 2.9767 dan $mean\pm SD$ sesudah = 35.185 ± 2.9751 yang berarti *depth jump exercise* dan *wobble board exercise* dapat meningkatkan tinggi lompatan anak usia 11-12 tahun. Dan uji hipotesis III menggunakan *Independent Sample T Test* menunjukkan nilai $p=0.000$ dengan $mean\pm SD$ selisih kelompok I = 5.292 ± 0.8077 dan $mean\pm SD$ selisih kelompok II = 8.015 ± 0.6866 yang berarti ada perbedaan yang signifikan antara *tuck jump exercise* dengan *wobble board exercise* dan *depth jump exercise* dengan *wobble board exercise*. **Kesimpulan :** Ada perbedaan antara *tuck jump exercise* dan *depth jump exercise* pada *wobble board exercise* terhadap peningkatan tinggi lompatan anak usia 11-12 tahun.

Kata Kunci : *Tuck Jump Exercise*, *Depth Jump Exercise*, *Wobble Board Exercise*, Tinggi Lompatan



ABSTRACT

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THE DIFFERENCES BETWEEN TUCK JUMP EXERCISE AND DEPTH JUMP EXERCISE ON WOBBLE BOARD EXERCISE FOR INCREASING HIGH JUMP CHILDREN AGED 11-12 YEARS

Consists of 6 Chapters, 95 Pages, 13 Tables, 14 Pictures, 4 Scheme, 7 Graphs, 6 Attachments.

Purpose: This study aims to determine the difference between tuck jump exercise and depth jump exercise on wobble board exercise to increase the high jump ability children aged 11-12 years. **Methods:** This study is an experimental research with pre test-post test design to know the difference a given exercise of the research object. Statistical analysis of this research uses Paired Sample Test and Independent Sample T-Test. The sampling technique is a purposive sampling consists of 26 students SDN Karang Tengah 07. Samples were grouped into two treatment groups. The first treatment group consists of 13 people given tuck jump exercise on wobble board and the second treatment group consisted of 13 people given depth training jump on wobble board. **Results:** Test for normality using Shapiro Wilk Test, p value $> \alpha$ (0,05), normal distribution of data. Homogeneity test using Levene's Test, p value $> \alpha$ (0,05), homogeneous data. Hypothesis test I with mean \pm SD values before = 25 592 \pm 3,5797 and 30 885 \pm 4.0008 after using Paired Sample T Test, p value = 0,000, so that tuck jump exercise and wobble board exercise can improve high jump children aged 11-12 years. Hypothesis test II with mean \pm SD values before mean \pm SD = 27.169 \pm 2.9767 and 35.185 \pm 2.9751 after using Paired Sample T test, p value = 0,000, so that depth jump exercise and wobble board exercise high jump exercise can improve children aged 11-12 years. Hypothesis test III using the Independent Sample Test showed a p -value = 0.000 with a mean \pm SD difference in group I = 5.292 \pm 0.8077 and a mean \pm SD difference in group II = 8.015 \pm 0.6866, so that there are significant differences between the tuck jump exercise with wobble board exercise and depth jump exercise with wobble board exercise. **Conclusions:** There is a difference between the tuck jump exercise and depth jump exercise on wobble board exercise to increase the high jump ability children aged 11-12 years.

Keywords: Tuck Jump Exercise, Depth Jump Exercise, Wobble Board Exercise, High Jump