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**PERBEDAAN EFEKTIFITAS *BARIER HOPS EXERCISE*
DENGAN *SKIPPING EXERCISE* PADA *WOBBLE BOARD
EXERCISE* TERHADAP PENINGKATAN BROAD JUMP USIA
16-17 TAHUN.**

Terdiri dari VI bab, 66 halaman, 12 gambar, 2 skema, 9 tabel dan 7 grafik

Tujuan: Untuk mengetahui perbedaan efektifitas *barier hops exercise* dengan *skipping exercise* terhadap peningkatan broad jump usia 16-17 tahun. **Sampel:** Terdiri dari 24 orang siswa SMAN 15 Tangerang, dipilih dipilih berdasarkan teknik *purposive sampling*. Sampel dikelompokkan menjadi 2 perlakuan, kelompok perlakuan I terdiri dari 12 orang dengan latihan *barier hops* dan *wobble board* serta kelompok perlakuan II terdiri dari 12 orang dengan latihan *skipping* dan *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:** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Lavent's Test* didapatkan data memiliki varian homogen. Hasil uji hipotesa pada kelompok perlakuan I dengan *Paired Samples T-Test*, didapatkan nilai $p=0,000$ yang berarti *barier hops exercise* dan *wobble board exercise* dapat meningkatkan broad jump usia 16-17 tahun. Pada kelompok perlakuan II dengan *Paired Samples T-Test*, didapatkan nilai $p=0,000$ yang berarti *skipping exercise* dan *wobble board exercise* dapat meningkatkan broad jump usia 16-17 tahun. Hasil uji *T-Test Independent sample* selisih nilai akhir peningkatan boad jump pada kelompok perlakuan I dan kelompok perlakuan II menunjukkan ada perbedaan peningkatan broad jump yang signifikan pada kedua kelompok, yaitu nilai $p=0,005$ ($p<0,05$). **Kesimpulan:** Ada perbedaan efektifitas *barier hops exercise* dengan *skipping exercise* pada *wobble board exercise* terhadap peningkatan broad jump usia 16-17 tahun.

Kata kunci: *Barier Hops Exercise, Skipping Exercise, Wobble Board Exercise, Broad Jump*

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THE DIFFERENCES *EFFECTIVENESS BARIER HOPS EXERCISE WITH SKIPPING EXERCISE ON WOBBLE BOARD EXERCISE* FOR INCREASING BROAD JUMP AGED 16-17 YEARS.

Consisting of VI chapter, 66 maps, , 12 pictures, 2 scheme, 9 labels 7 graphs

Purpose: This study aims to determine the the differences effectiveness barrier hops exercise with skipping exercise on wobble board exercise for increasing broad jump aged 16-17 years. **Sampel:** Consists of 24 students of SMAN 15 Tangerang, have been based on a purposive sampling technique. Samples are grouped into 2 treatment, the treatment group I consists of 12 people with exercise *barrier hops* and *wobble board* as well as the treatment group II consisted of 12 people with *skipping exercise* and a *wobble board*. **Metode:** This study is a research experiment with pretest-posttest design to know the difference of a given exercise of the research object. Statistical analysis of this study using *Paired Sample Test* and *Independent Sample T-Test*. **Hasil:** *Shapiro Wilk normality test* Test normal distribution of data obtained while the homogeneity test with *Lavent's Test* data obtained has a homogeneous variant. The results of hypothesis testing in the treatment group I with *Paired Samples T-Test*, p value = 0.000 which means the *barrier hops* and a *wobble board exercise* can improve exercise broad jump of 16-17 years of age. In the treatment group II with *Paired Samples T-Test*, p value = 0.000 which means *skipping exercise* and *wobble board* can *exercise broad jump* increases the age of 16-17 years. The test results Independent sample T-test the difference in value end jump boad increase in the treatment group I and II treatment groups showed no difference in the broad jump significant improvement in both groups, $p = 0.005$ ($p < 0.05$). **Kesimpulan:** There are differences in the effectiveness of *barrier hops exercise* with *skipping exercise* on a wobble board broad jump exercise to increase the age of 16-17 years.

Kata kunci: *Barier Hops Exercise, Skipping Exercise, Wobble Board Exercise, Broad Jump*