ABSTRAK

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"Perbedaan Peningkatan Kemampuan Vertical Jump Setelah Pemberian Latihan Plyometric Jump To Box Dibanding Passive Stretching "

(Dibimbing Oleh : Idrus Jus'at, Ph.D dan Abdurrasyid, SSt.Ft,M.Fis)

Tujuan : Untuk mengetahui pengaruh latihan *plyometric jump to box dibanding* dengan penambahan *passive stretching* terhadap peningkatan tinggi lompatan *(vertical jump)*. **Metode :** Jenis penelitian ini adalah *Quasi Eksperimental*, dengan *Pre and Post Test With Control Group Design.* Teknik pengambilan sampel menggunakan *Purposive Sampling*. Jumlah sampel 30 orang yang terdiri dari 15 orang kelompok perlakuan dan 15 orang kelompok control selama 6 minggu. Pengukuran *Vertical Jump* dengan menggunakan *Sargent Jump Test*. **Hasil :** Berdasarkan uji hipotesis pada perlakuan I rerata sebelum adalah 224.67±10.033, rerata sesudah adalah 262.60±15.693 dengan *paired sampel t-test* didapatkan nilai p=0,001 yang berarti latihan *plyometric jump to box* dapat meningkatkan *vertical jump*. Pada perlakuan II rerata sebelum adalah 223.80±8.662, rerata sesudah adalah 274.73±11.436 dengan *Wilcoxon Sign Rank Test* didapatkan nilai p=0,001 yang berarti latihan *plyometric jump to box* dengan *passive stretching* dapat meningkatkan *vertical jump*. Uji hipotesis III rerata selisih perlakuan I adalah 37.93±11.342, rerata selisih perlakuan II adalah 50.93±11.317 dengan *Mann Whitney U Test* menunjukkan nilai 0,042 yang berarti ada perbedaan peningkatan *vertical jump*. Artinya ada pengaruh pemberian latihan *plyometric jump to box* dibanding dengan penambahan *passive stretching* terhadap peningkatan *vertical jump*. **Kesimpulan:** Latihan *plyometric jump to box* efektif terhadap peningkatan *vertical jump*. Namun latihan *plyometric jump to box* dibanding dengan penambahan *passive stretching* lebih baik terhadap peningkatan *vertical jump*.

Kata Kunci: latihan *plyometric* dan *passive stretching* mampu meningkatkan *vertical jump.*

ABSTRACT

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"The difference Upgrades Vertical Jump After Plyometric Training Jump To Box Compared With Passive Stretching"

(Guided By Idrus Jus'at, Ph.D and Abdurrasyid, SSt.Ft, M.Fis)

Objective : To determine the effect of after plyometric training jump to box compared with passive stretching to observe in height vertical jump. **Methods :** This study was *Quasi Experimental Pre and Post Test Control Group Design*, with purposive sampling. 30 sample consisting of 15 exercise group and 15 control group for 6 weeks. Measurements using the Vertical Jump is Sargent Jump Test. **Results :** Control group mean before exercise was 224.67 ± 10 033, amond after exercise the mean is 262.60 ± 15 693 with paired samples t-test p value = 0.001 (p = 0,05) which means the *jump to box plyometric* exercises can improve vertical jump. In the second exercise was 223.80 ± mean before 8662, the mean after was 274.73 ± 11 436 with *Wilcoxon Sign Rank Test p-value* = 0.001 which means the exercise *plyometric jump to box* with *passive stretching* may increase vertical jump. III hypothesis testing I mean treatment difference was 37.93 ± 11 342, the mean difference in exercise II was 50.93 ± 11 317 with *Mann Whitney U Test* showed a value of 0.042 which means that there are differences increase vertical jump. This means that there is the effect of exercise *plyometric jump to box* compared with *passive stretching* addition to the increase in the *vertical jump*. **Conclusion:** Exercise *plyometric jump to box* are effective addition to the increase in the *vertical jump*. However, exercises *plyometric jump to box* compared with *passive stretching* better addition to the increase in the *vertical jump*.

Keywords: *Plyometric exercises* compared with *passive stretching* can increase the *vertical jump.*