



ABSTAK

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EFEKTIVITAS PENAMBAHAN LATIHAN ELASTIC RESISTANCE BAND BICEP CURL PADA LATIHAN MEDICINE BALL OVERHEAD THROW TERHADAP PENINGKATAN KECEPATAN SMASH PADA ATLET BULUTANGKIS

Trdiri dari VI Bab, 154 halaman, 12 tabel, 12 gambar, 5 grafik, 4 skema, 6 lampiran

Tujuan : untuk mengetahui perbedaan efektivitas penambahan latihan elastic resistance band bicep curl pada latihan medicine ball overhead throw terhadap peningkatan kecepatan smash pada atlet bulutangkis. **Metode** : penelitian ini adaah quasi eksperimen dengan grup pretest-posttest dan dilaksanakan di GOR Badminton Tanjung Duren terdiri dari 22 sampel dipilih berdasarkan teknik random sampling kemudian dibagi menjadi dua grup, dimana grup kontrol terdiri dari 11 orang diberikan latihan medicine ball overhead throw dan grup perlakuan juga 11 orang dengan penambahan elastic resistance band bicep curl. **Hasil** : uji normalitas Shapiro wilk test dengan $p\text{-value} > \alpha(0,05)$ berarti data normal, uji homogenitas levene's test $p\text{-value} > \alpha(0,05)$ berarti data homogeny, uji hipotesis grup kontrol menggunakan paired sample t-test dengan $p\text{-value} = 0,014$ berarti ada perbedaan efek dengan penambahan elastic resistance band bicep curl pada latihan medicine ball overhead throw terhadap peningkatan kecepatan smash. **Kesimpulan** : ada perbedaan efek penambahan latihan elastic resistance band bicep curl pada latihan medicine ball overhead throw terhadap peningkatan kecepatan smash pada atlet bulutangkis.

Kata kunci : elastic resistance band bicep curl, medicine ball overhead throw, kecepatan smash, bulutangkis.



ABSTRACT

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ELASTIC RESISTANCE BAND BICEP CURL ADDITIONAL EFFECT TO MEDICINE BALL OVERHEAD THROW OF SMASH VELOCITY FOR BADMINTON ATHLETE

Consists VI Chapter, 153 page, 12 table, 12 pictures, 5 graphics, 4 scheme, 6 attachment

Object : to determine elastic resistance band bicep curl additional effect to medicine ball overhead throw exercise on smash velocity for badminton athlete.

Methods : this study is an quasi experimental study using pretest-posttest group. This research was conducted in Tanjung Duren Badminton Hall and consisted of 22 athletes selected based on random sampling technique, the control group consists of 11 people with medicine ball overhead throw and experimental group consists of 11 people with additional elastic resistance band bicep curl exercise.

Results : normality test using Shapiro wilk test $p\text{-value} > \alpha(0,05)$ normal distribution of data, homogeneity test using levene's test $p\text{-value} > \alpha(0,05)$ data homogenous, hypothesis test results in the control group using paired sample t-test 0,000 which means there is an increase of smash velocity. The result of the independent sample t-test $p\text{-value} = 0,014$, there is difference effect on additional elastic resistance band bicep curl exercise on medicine ball overhead throw exercise on smash velocity for badminton athlete. **Conclusion :** there is difference effect between medicine ball overhead throw exercise with additional elastic resistance band bicep curl exercise on smash velocity for badminton athlete.

Keywords : elastic resistance band bicep curl, medicine ball overhead throw, smash velocity, badminton