

## ABSTRAK

### **Pengaruh Metode Latihan *Drill Uchi-komi* dan Kekuatan Otot Lengan Terhadap Teknik Bantingan *Seoi-Nage* pada Atlet Palimo Judo Club Padang**

**Hendri Gusman Darma**

Penelitian ini dilakukan untuk mengungkapkan gambaran tentang (1) perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional, (2) perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional yang memiliki kekuatan otot lengan tinggi, (3) perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional yang memiliki kekuatan otot lengan rendah, (4) interaksi antara metode latihan dengan kemampuan teknik bantingan *Seoi-Nage*. Penelitian ini menggunakan metode faktorial 2x2. Teknik pengambilan sampel pada penelitian ini adalah *total sampling*. Populasi dalam penelitian ini adalah 50 orang atlet Palimo Judo Club Padang. Sampel dalam penelitian ini adalah sebanyak 28 orang atlet.

Berdasarkan hasil penelitian, ditemukan: (1) terdapat perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional terbukti signifikan. Kemampuan bantingan *Seoi-Nage* atlet yang diberikan metode latihan *drill uchi-komi* lebih tinggi dari atlet yang diberikan metode latihan konvensional. (2) terdapat perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional yang memiliki kekuatan otot lengan tinggi terbukti signifikan. Kemampuan bantingan *Seoi-Nage* atlet memiliki kekuatan otot lengan tinggi lebih baik dari kekuatan otot lengan rendah (3) terdapat perbedaan kemampuan teknik bantingan *Seoi-Nage* antara metode latihan *drill uchi-komi* dan metode latihan konvensional yang memiliki kekuatan otot lengan rendah terbukti signifikan. Kemampuan bantingan *Seoi-Nage* atlet memiliki kekuatan otot lengan tinggi lebih baik dari kekuatan otot lengan rendah (4) terdapat interaksi antara metode latihan dengan kemampuan teknik bantingan *Seoi-Nage*. Hal ini dapat dilihat dari nilai  $F_{hitung} = 10,66 > F_{tabel} (\alpha = 0,05) = 4,03$

## ABSTRACT

### Effect of Drill Uchi-Komi Method and Muscle Arm Strength on the Seoi-Nage Throw Technique at Palimo Judo Club Padang Athlete

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This study was conducted to see the description of (1) the difference in *Seoi-Nage's* technique ability between *drill uchi-komi* and conventional training methods, (2) difference in *Seoi-Nage* technique ability between *drill uchi-komi* and practice Has a high muscle strength, (3) difference in *Seoi-Nage's* technique skills between *drill uchi-komi* and conventional exercise methods that have low muscle strength, (4) a combination of training methods with *Seoi-Nage* throw techniques. This research uses 2x2 factorial method. The sampling technique in this research is total sampling. The population in this study were 50 *Palimo Judo Club Padang* athletes. The samples in this study were 28 athletes.

Based on the results of the study, it was found: (1) there was a difference in *Seoi-Nage's* technique ability between *drill uchi-komi* and conventional training methods proved significant. The ability of the athlete's *Seoi-Nage Throw* provided by the *uchi-komi* exercise is higher than the conventional *Seoi-Nage's* technique ability between *drill uchi-komi* and high-strength training methods. Seating abilities *Seoi-Nage* athletes have high arm muscle strength. (2) there was a difference in *Seoi-Nage's* technique skills between *uchi-comi* drill and conventional exercise methods that have low muscle strength. Seating abilities *Seoi-Nage* athletes have low arm muscle strength. (3) there was a difference in *Seoi-Nage's* technique ability between training methods with *Seoi-Nage Throw* technique ability. 4.03.