

ABSTRACT

Hudayani, Fakhрина. 2019. The Effect of Pliometric Training Model and Motivation on the Ability of the Speed Sickle Kick of the Athlete Women's Athletes Pencakilat Sakato Salayo District, Solok Regency.

There are several pliometric training models that can be done to improve the speed of sickle kick speed, including multiple hop jumps and box drills. The aim of the study was to determine the effect of plyometric exercise models and motivation on crescent kick speed abilities.

The population of this study was the pencaksilat college athlete Sakato Salayo. The sampling technique was purposive sampling technique, which amounted to 20 teenage female athletes. The sickle kick speed test instrument was then analyzed by two-way anova, followed by a tukey test.

The results of the analysis show that: (1) the ability of the sickle kick speed given by the drill box training model results to be higher than that of multiple hop jumps ($Q_h = 25.93 > Q_t = 3.15$). (2) There is an interaction between the plyometric exercise model and the motivation towards the crescent kick speed ability. (3) At high motivation, the result of the box drills exercise model is higher than multiple hop jumps ($Q_h = 20.37 > Q_t = 5.22$). (4) At low motivation, the result of the box drills training model is lower than multiple hop jumps ($Q_h = 10.19 > Q_t = 5.22$).

Keywords: Pliometrics, Motivation, Sickle Speed

Abstrak

Hudayani, Fakhрина. 2019. Pengaruh Model Latihan Pliometrik dan Motivasi Terhadap Kemampuan Kecepatan Tendangan Sabit Atlet Putri Perguruan Pencaksilat Sakato Salayo Kabupaten Solok.

Ada beberapa model latihan pliometrik yang dapat dilakukan untuk meningkatkan kemampuan kecepatan tendangan sabit, diantaranya model latihan *multiple hop jumps* dan *box drills*. Tujuan penelitian adalah untuk mengetahui pengaruh model latihan pliometrik dan Motivasi terhadap kemampuan kecepatan tendangan sabit.

Populasi penelitian ini adalah atlet perguruan pencaksilat Sakato Salayo. Teknik pengambilan sampel dengan teknik *purposive sampling* yang berjumlah 20 orang atlet putri kategori remaja. Instrumen tes kecepatan tendangan sabit, kemudian dianalisis dengan anava dua jalur, dan dilanjutkan dengan uji tukey.

Hasil analisis menunjukkan bahwa: (1) kemampuan kecepatan tendangan sabit yang diberikan model latihan *box drill* hasilnya lebih tinggi daripada latihan *multiple hop jumps* ($Q_h = 25,93 > Q_t = 3,15$). (2) Terdapat interaksi antara model latihan pliometrik dengan motivasi terhadap kemampuan kecepatan tendangan sabit. (3) Pada motivasi tinggi, model latihan *box drills* hasilnya lebih tinggi daripada *multiple hop jumps* ($Q_h = 20,37 > Q_t = 5,22$). (4) Pada motivasi rendah, model latihan *box drills* hasilnya lebih rendah daripada *multiple hop jumps* ($Q_h = 10,19 > Q_t = 5,22$).

Kata Kunci : Pliometrik, Motivasi, Kecepatan Tendangan Sabit