

ABSTRACK

Dwi Puji Lestari NIM. E2014013 Program Study DIV Physical Therapy	Consultants 1. Indarwati. S.KM.,M,Kes 2. Yudha Wahyu Putra, Sst.Ft.,M.Or
<i>DIFFERENCES IN THE EFFECT OF PLYOMETRIC DEPTH JUMP AND BOX TO JUMP ON INCREASING LEG MUSCLE POWER IN VOLLEYBALL PLAYERS AT KEBAKKRAMAT STATE SENIOR HIGH SCHOOL</i>	
<i>ABSTRACT</i>	
<p><i>Introduction :</i> Limb muscle power is a very important motion ability to support activity in every sport especially on volleyball. That requires a high jump in the game.</p> <p><i>Purpose:</i> To know the difference of influence of depth jump and box to jump to increase leg muscle power on volleyball player SMA Kebakkramat.</p> <p><i>Methods :</i> This research uses true exspermental by using pre and post two groub design research design. The sampling technique in this research is simple random sampling with 20 people for depth jump treatment and 20 people for box to jump treatment. The research instrument used vertical jump. Experiment is done 1 week 3 times in 1 month. The test used in this research is Shapiro Wilk test, paired sample test and independent sample test.</p> <p><i>Results :</i> The result of paired sample t-test in group I $p=0,000$ and groub II $p=0,000$ ($P<0,05$) which means there is influence of depth jump and box to jump. The result of Independent sample t-test in both groubs after treatment showed the result $p=0,001$ ($p<0,05$) which means there is significant difference of influence both groups.</p> <p><i>Conclusion :</i> There is a significant effect of depth jump and box to jump on increasing leg muscle power of legs in kebakkramat state high school. There are different effects of depth jump and box to jump on increasing leg muscle power</p>	
<i>Kata Kunci :</i> Limb muscle power, Depth Jump, Box To Jump	