

**THE EFFECT OF SQUAT JUMP AND SKIPPING EXERCISE  
TO IMPROVE THE LEG'S POWER  
IN STIKES 'AISYIYAH SURAKARTA'S STUDENTS**

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**ABSTRACT**

**Background:** Physical fitness in Indonesia 81,3% in the category of poor or even bad because of lack of activity, especially sports. Squat jump and skipping exercises are the types of plyometric exercises that are known can increase leg's power so the fitness level will increase. **Objective:** To determine the differences in the effect of Squat jump and Skipping exercises to increase leg's power in STIKES 'Aisyiyah Surakarta's students. **Research Method:** This study used a true experimental with pre-test and post-test design. The study population is 145 students, 40 respondents are taken as samples and divided into 2 groups with each group consisting of 20 respondents. Group 1 is given squat jump exercise while group 2 is given skipping exercise. The exercise is conducted 3 times in a week for 4 weeks consecutively. The measurement of leg's power is using a vertical jump test. **Results:** The Wilcoxon's test results in the squat jump group obtained  $p = 0.001$  and the skipping group  $p = 0.003$  ( $p < 0.05$ ). The Mann Whitney's test result obtained  $p = 0.04$  ( $p < 0.05$ ). **Conclusion:** Squat jump and skipping give effect to the leg's power. There are differences in the effect of squat jump and skipping exercise to increase leg's power in STIKES 'Aisyiyah Surakarta's students.

**Keywords:** *Squat Jump, Skipping, Power, Physical Fitness*

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