ABSTRACT

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THE INFLUENCE OF DEER JUMP EXERCISE AND SQUAT JUMP EXERCISE ON THE MUSCLE STRENGTH OF THE WAX ON CLASS VIII STUDENTS OF BANYUDONO STATE 2ND SCHOOL

ABSTRACT

Introduction: The strength of a muscle's ability to contract to generate tension against an exercise. The development of strength both in general and its development through special strength training programs and can be guided by variations in the form of muscle strength. Exercising the strength of leg muscles can use jumping deer and squat squat exercises, aiming to connect the movement of speed and strength to produce explosive movements. Plyometrics refers to exercises that are characterized by strong muscle contractions in response to fast and dynamic loading or stretching involved. Objective: to find out the difference in the effect of deer jumping training and squat jump training on leg muscle strength in male students of VIII grade 2 SMP N 2 Banyudono Method: The research method uses a Quasi Experiment design with the Two-Group Pretest-Posttest approach. The population of this study was male students of class VIII in SMP N 2 Banyudono. the sample in this study were 40 people, with an allocation of 20 people given deer jump training and 20 more given squat jumps. The sample uses simple random sampling technique. Research instrument to measure leg muscle strength in students using Leg Dynamometer. Data analysis using t test for 95% significance level. Results: The results of deer jumping exercise before treatment with the ability of Tungkaid muscle strength with an average of 151.4 after the treatment rose to an average of 204.6. Exercise results For exercise squat jumps before treatment with the ability Tungkaid muscle strength with an average of 154.7 after the treatment rose to an average of 191.0. The results of the test calculation are t p (0.03 <0.05), because (2.216)> 2.021). The effectiveness of increasing leg muscle strength in the Kijang Jump training group with an increase of 32.2% and in the obstacle training group with an increase of 26.2%. Conclusion: there are differences in the effect of deer jump training and squat jump training on leg muscle strength in male students of class VIII of SMP N 2 Banyudono after being treated.

Keywords: Leg muscle strength, deer jump, Squat jump.