

**PENGARUH LATIHAN *PLYOMETRIC* TERHADAP PENINGKATAN  
KEMAMPUAN *VERTICAL JUMP* ATLET BOLA VOLI CLUB GAS  
MANDIRI KABUPATEN LAMPUNG UTARA**

**Oleh:**

Trio Iskandar  
NPM: 1985201018

**ABSTRAK**

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *plyometric* terhadap peningkatan kemampuan *vertical jump* atlet bola voli klub GAS Mandiri Kabupaten Lampung Utara.

Penelitian ini menggunakan eksperimen semu, dengan membagi menjadi dua kelompok, yaitu kelompok A dan kelompok B. Kelompok eksperimen A dengan perlakuan *plyometric hurdle jump* dan kelompok eksperimen B dengan perlakuan latihan *plyometric squat jump*. Populasi dalam penelitian ini adalah seluruh atlet bola voli klub GAS Mandiri yang berjumlah 16 atlet. Sampel yang diambil dari hasil *simple random sampling* berjumlah 16 atlet. Instrumen yang digunakan adalah tes *vertical jump*. Analisis data menggunakan uji t.

Hasil pengujian menunjukkan ada perbedaan yang signifikan pada kelompok eksperimen *plyometric hurdle jump*,  $t_{hitung} = 11,014 > t_{tabel} = 2,447$  dan nilai signifikansi  $p$  sebesar  $0,001 < 0,05$ , dengan selisih 4,625 cm. Ada perbedaan yang signifikan pada kelompok eksperimen *plyometric squat jump*, dengan  $t_{hitung} = 2,595 > t_{tabel} = 2,447$  dan nilai signifikansi  $p$   $0,036 < 0,05$ , dengan selisih 1,75 cm. Latihan *plyometric hurdle jump* lebih efektif daripada latihan *plyometric squat jump* terhadap peningkatan *vertical jump* atlet bola voli klub GAS Mandiri. Selisih *posttest* sebesar 5,125 cm. Oleh karena itu latihan *plyometric hurdle jump* lebih efektif dalam peningkatan kemampuan *vertical jump* atlet bola voli klub GAS Mandiri.

Kata kunci: *plyometric hurdle jump* dan *squat jump*, *vertical jump*

***THE EFFECT OF PLYOMETRIC TRAINING ON INCREASING THE  
VERTICAL JUMP ABILITY OF VOLLEYBALL ATHLETES AT THE  
MANDIRI GAS CLUB, NORTH LAMPUNG DISTRICT***

***By:***

Trio Iskandar

NPM: 1985201028

***ABSTRACT***

*This study aims to determine the effect of plyometric training on increasing the vertical jump ability of volleyball athletes at the GAS Mandiri Club, North Lampung Regency.*

*This research used a quasi-experiment, dividing it into two groups, namely group A and group B. Experimental group A was treated with plyometric hurdle jump training and experimental group B was treated with plyometric squat jump training. The population in this study were all the GAS Mandiri volleyball club athletes, totaling 16 athletes. The sample taken from simple random sampling was 16 athletes. The instrument used is the vertical jump test. Data analysis uses the t test.*

*The test results showed that there was a significant difference in the plyometric hurdle jump experimental group,  $t = 11.014 > t_{table} = 2.447$  and the significance value of  $p$  was  $0.001 < 0.05$ , with a difference of 4.625 cm. There was a significant difference in the plyometric squat jump experimental group, with  $t = 2.595 > t_{table} = 2.447$  and a significance value of  $p$   $0.036 < 0.05$ , with a difference of 1.75 cm. Plyometric hurdle jump training is more effective than plyometric squat jump training in increasing the vertical jump of GAS Mandiri club volleyball athletes. The posttest difference was 5.125 cm. Therefore, plyometric hurdle jump training is more effective in improving the vertical jump ability of GAS Mandiri club volleyball athletes.*

*Keywords: plyometric hurdle jump and squat jump, vertical jump*