

ABSTRAK

Fikri Fijay Mahendra. 2024. Upaya Meningkatkan Tendangan Sabit Dan Tendangan "T" Melalui Latihan Atlet Ukm Tapak Suci Universitas Muhammadiyah Jember Skripsi, Program Studi Pendidikan Olahraga, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Muhammadiyah Jember. Pembimbing (1) Topo Yono, M.Pd. (2) Bahtiar Hari Hardovi, M.Pd

Kata Kunci: Pencak Silat, tendangan sabit, tendangan "T"

Pencak Silat merupakan seni bela diri tradisional yang memiliki beragam teknik, termasuk tendangan sabit dan tendangan "T" yang penting dalam kompetisi. Penelitian ini bertujuan untuk meningkatkan hasil belajar teknik tendangan sabit dan tendangan "T" pada atlet Pencak Silat UKM Tapak Suci Universitas Muhammadiyah Jember melalui penerapan metode latihan kuantitatif. Metode penelitian yang digunakan adalah eksperimen dengan desain pretest-posttest control group design. Subjek penelitian terdiri dari dua kelompok, yaitu kelompok eksperimen dan kelompok kontrol. Kelompok eksperimen menerima latihan intensif tendangan sabit dan tendangan "T" selama periode tertentu, sementara kelompok kontrol tidak menerima perlakuan khusus. Data hasil belajar diperoleh melalui tes praktik langsung yang dinilai berdasarkan kriteria yang telah ditetapkan sebelumnya. Analisis data dilakukan dengan menggunakan teknik statistik deskriptif dan inferensial untuk mengevaluasi perbedaan hasil belajar antara kedua kelompok. Hasil penelitian ini diharapkan dapat memberikan kontribusi dalam pengembangan metode latihan yang efektif untuk meningkatkan kemampuan teknik dasar atlet Pencak Silat, khususnya dalam hal penguasaan tendangan sabit dan tendangan "T".

ABSTRACT

Fikri Fijay Mahendra. 2024. *Efforts to Improve Dan's Scythe Kick "T" Kicks through the Training of Ukm Tapak Suci Athletes, Muhammadiyah University of Jember Thesis, Sports Education Study Program, Faculty of Teacher Training and Education, Muhammadiyah University of Jember. Mentor (1) Topo Yono, M.Pd. (2) Bahtiar Hari Hardovi, M.Pd*

Keywords: Pencak Silat, sickle kick, "T" kick

Pencak Silat is a traditional martial art that has a variety of techniques, including crescent kicks and "T" kicks which are important in competitions. This research aims to improve the learning outcomes of crescent kick and "T" kick techniques in Pencak Silat athletes at UKM Tapak Suci Muhammadiyah University of Jember through the application of quantitative training methods. The research method used was an experiment with a pretest-posttest control group design. The research subjects consisted of two groups, namely the experimental group and the control group. The experimental group received intensive training of crescent kicks and "T" kicks for a certain period, while the control group received no special treatment. Learning outcome data is obtained through direct practical tests which are assessed based on previously established criteria. Data analysis was carried out using descriptive and inferential statistical techniques to evaluate differences in learning outcomes between the two groups. It is hoped that the results of this research can contribute to the development of effective training methods to improve the basic technical abilities of Pencak Silat athletes, especially in terms of mastery of crescent kicks and "T" kicks.