

ABSTRAK

PENGARUH *DEAD RELEASE* DAN *ACTIVE RELEASE* TERHADAP HASIL TEMBAKAN JARAK 30 METER PADA ATLET PEMULA DALAM CABANG OLAHRAGA PANAHAN

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Tujuan penelitian ini dilatar belakangi karena adanya penggunaan teknik *release* untuk pemula yang berbeda-beda, dimana teknik *dead release* dan teknik *active release* memiliki teori yang berbeda. Tujuan penelitian ini adalah untuk : (1) Mengetahui apakah terdapat pengaruh yang signifikan teknik *dead release* terhadap hasil tembakan jarak 30 meter pada atlet pemula, (2) Mengetahui apakah terdapat pengaruh yang signifikan teknik *active release* terhadap hasil tembakan jarak 30 meter pada atlet pemula, dan (3) Mengetahui teknik manakah yang lebih baik antara *dead release* dan *active release*. Metode yang digunakan dalam penelitian ini adalah metode *one group pretest posttest design* dengan teknik pengambilan sampel, *purposive sampling*. Sampel yang digunakan sebanyak 8 atlet pemula UKM Panahan UPI Bandung yang dibagi ke dalam dua kelompok berdasarkan kriteria teknik *dead release* dan *active release*. Pengumpulan data dilakukan dengan tes skoring jarak 30 meter. Hasil analisis data menunjukkan bahwa : (1) Terdapat pengaruh yang signifikan teknik *dead release* terhadap hasil tembakan jarak 30 meter pada atlet pemula, (2) Terdapat pengaruh yang signifikan teknik *active release* terhadap hasil tembakan jarak 30 meter pada atlet pemula, dan (3) Menembak dengan teknik *dead release* lebih baik terhadap hasil tembakan jarak 30 meter pada atlet pemula. Penulis menyarankan bagi atlet pemula untuk menggunakan teknik *dead release* terlebih dahulu karena hasil tembakan yang didapat pada jarak 30 meter lebih baik dan lebih konsisten dibandingkan dengan teknik *active release*.

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ABSTRACT

THE EFFECT OF DEAD RELEASE AND ACTIVE RELEASE ON THE RESULTS OF SHOT AT 30 METERS DISTANCE OF THE BEGINNER ATHLETES IN ARCHERY

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This research was conducted on the basis of the varied uses of release technique for beginners, as the technique of dead release and active release has different underlying theories. The purposes of this research are to: (1) Find out whether there is a significant influence of the dead release technique on the results of shot at 30 meters distance of the beginner athletes, (2) Find out whether there is a significant influence of the active release technique on the results of shot at 30 meters distance of the beginner athletes, (3) Find out which one is better between the dead release and the active release technique. The method used in this study is a one group pre-test and post-test design with purposive sampling as the sampling technique. There were 8 beginner athletes of “UKM Panahan UPI Bandung”, which were put into two groups based on the criteria of the dead release and active release technique. The data collection was carried out by using a scoring test of the shot at 30 meters distance. The data analysis results showed that: (1) There is a significant influence of the dead release technique on the results of shot at 30 meters distance of the beginner athletes, (2) There is a significant influence of the active release technique on the results of shot at 30 meters distance of the beginner athletes, (3) Shooting by using the dead release technique is proven to be better in influencing the results of the beginner athletes’ shot at 30 meters distance. It is suggested for the beginner athletes to employ the dead release technique first, because the shot at 30 meters distance by using the dead release technique is better and more consistent than the one which results from the use of the active release technique.

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