

ABSTRAK

PENGARUH ALAT BANTU LATIHAN *STANDING SPIKE TRAINING* (*SST*) TERHADAP PENGUASAAN TEKNIK DASAR *SPIKE* PADA ATLET BOLA VOLI PEMULA DIKLAT GENERASI INDONESIA TERPADU

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Penelitian ini bertujuan untuk mengetahui pengaruh dari latihan *spike* menggunakan alat bantu latihan *Standing Spike Training (SST)* terhadap penguasaan teknik *spike* pada atlet bolavoli pemula Diklat Generasi Indonesia Terpadu. Metode yang digunakan adalah eksperimen dengan pendekatan kuantitatif. Populasi dalam penelitian ini adalah atlet pemula putra di Diklat Bolavoli Generasi Indonesia Terpadu. Sampel yang diambil dari hasil *two-stage random sampling* dan *purposive sampling*. Instrumen yang digunakan adalah indikator penilaian analisis teknik *spike*. Teknik analisis data menggunakan *Paired sample t Test*. Hasil penelitian menunjukkan bahwa terdapat peningkatan nilai rata-rata yang signifikan dari latihan menggunakan alat bantu latihan *Standing Spike Training* terhadap penguasaan teknik *spike* pada atlet bolavoli pemula Diklat Generasi Indonesia Terpadu, yaitu 155,5 poin dengan nilai sig 0,026. Peningkatan tersebut lebih signifikan dibandingkan dengan peningkatan kelompok kontrol yaitu hanya sebesar 82,9 poin dengan nilai sig 0.589. Hasil penelitian pengaruh dari latihan *spike* menggunakan alat bantu latihan *Standing Spike Training* terhadap penguasaan teknik *spike* pada atlet bolavoli pemula Diklat Generasi Indonesia Terpadu menunjukkan bahwa terdapat pengaruh yang signifikan. Rekomendasi untuk atlet bolavoli pemula supaya latihan menggunakan alat bantu latihan *Standing Spike Training (SST)* sehingga dapat menguasai teknik *spike* bolavoli dengan baik dan benar.

Kata kunci : *Standing Spike Training (SST)*, *Spike*, Bola Voli

ABSTRACT

THE EFFECT OF EXERCISE TOOLS STANDING SPIKE TRAINING (SST) ON SPIKE BASIC ENGINEERING TECHNIQUES ON ATHLETE BEGINNER VOLLEY BALL DIKLAT GENERASI INDONESIA TERPADU

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This study aims to determine the effect of spike exercise using Standing Spike Training (SST) training tools on the mastery of spike techniques on athlete volley ball on beginner athletes of diklat generasi indonesia terpadu. The method used is an experiment with quantitative approach. Furthermore, data collection techniques using tests and measurements made by three people judge. The population in this study is the male beginner athlete of diklat generasi indonesia terpadu as many as 57 people. Samples taken from the two-stage random sampling and purposive sampling result amounted to 20 athletes. The instrument used is an assessment indicator of spike technique analysis. Data analysis technique using Paired sample t Test. The results showed that there was a significant increase in mean value of the exercise using the Standing Spike Training tool aids on the mastery of spike technique on the beginner athletes volley ball of diklat generasi indonesia terpadu, that is 155.5 points With a sig value of 0.026. The increase is more significant compared with the increase of control group that is only Amounting to 82.9 points With a sig value of 0.589. The result of this research is the influence of spike exercise using Standing Spike Training exercise tool on the mastery of spike technique at the beginner athletes volley ball of diklat generasi indonesia terpadu showed that there is a significant influence. Recommendations for novice athletes volley ball to practice using the Standing Spike Training (SST) training tool so they can master the volley ball spike technique quickly. And for professional athletes can use this tool to keep the movement also conditioning.

Keywords: Standing Spike Training (SST), Spike volleyball, Volleyball Sports