

**PENGARUH METODE LATIHAN DAN KEMAMPUAN MOTORIK  
TERHADAP KETERAMPILAN BERMAIN BOLA TANGAN**

**Tesis**

Diajukan Untuk Memenuhi Persyaratan Mencapai Gelar Magister S2 Program  
Studi Pendidikan Olahraga



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PENGARUH METODE LATIHAN DAN KEMAMPUAN  
MOTORIK TERHADAP KETERAMPILAN BERMAIN BOLA  
TANGAN

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## ABSTRAK

### **Pengaruh Metode Latihan dan Kemampuan Motorik Terhadap Keterampilan Bermain Bola Tangan**

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Tujuan penelitian ini untuk mengkaji mengenai pengaruh metode latihan yang dikaitkan dengan tingkat kemampuan motorik terhadap hasil keterampilan bermain Bola Tangan. Metode yang digunakan dalam penelitian ini adalah Eksperimen dengan Desain Faktorial 2 x 2. Populasi dari penelitian ini adalah Atlet Bola Tangan Kabupaten Cirebon dengan jumlah 52 atlet. Perlakuan dilakukan sebanyak 12 kali selama 30 hari. Pembagian kelompok dibentuk berdasarkan kemampuan motorik sebanyak empat kelompok yaitu: atlet kemampuan motorik tinggi dengan perlakuan *Small Sided Games* (kelompok a); atlet kemampuan motorik tinggi dengan perlakuan *Small Sided Games With Tournament* (kelompok b); atlet kemampuan motorik rendah dengan perlakuan *Small Sided Games* (kelompok c); atlet kemampuan motorik rendah dengan perlakuan *Small Sided Games With Tournament* (kelompok d). Instrument dalam penelitian ini untuk keterampilan bermain Bola Tangan menggunakan *The Handball Tactical Performance Evaluation* (HTPE), dan test kemampuan motorik menggunakan (*Barrow Motor Ability Test*). Hasil dari penelitian ini adalah 1) Secara keseluruhan metode latihan dan kemampuan motorik memberikan berpengaruh terhadap keterampilan bermain Bola Tangan; 2) Terdapat interaksi antara metode latihan dan kemampuan motorik terhadap keterampilan bermain pada permainan Bola Tangan; 3) Terdapat perbedaan pengaruh metode latihan SSG dengan metode latihan SSG-T terhadap kemampuan keterampilan bermain Bola Tangan pada atlet yang mempunyai kemampuan motorik tinggi; 4) metode latihan SSG-T tidak lebih efektif dalam meningkatkan keterampilan bermain Bola Tangan pada atlet yang mempunyai kemampuan motorik rendah.

Kata Kunci : Metode Latihan, *Motor Ability*

## **Effect of Training Methods and Motor Ability on Handball Playing Skills**

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*The purpose of this study is to examine the effect of training methods that are associated with the level of motor skills on the results of handball playing skills. The method used in this study was Experiments with Factorial Design 2x2. The population of this study was the Cirebon District Handball Athlete with a total of 52 athletes. The treatment was carried out 12 times for 30 days. The division of groups is formed based on motoric abilities in four groups, namely: athletes with high motor skills with Small Sided Games treatment (group a); athletes with high motor skills with Small Sided Games with Tournament treatment (group b); athlete's low motor skills with Small Sided Games treatment (group c); athletes with low motor skills treated with the Small Sided Games With Tournament (group d). The instrument in this study was for Handball playing skills using The Handball Tactical Performance Evaluation (HTPE), and test motor skills using (Barrow Motor Ability Test). The results of this study are 1) Overall the training methods and motor skills have an influence on the skill of playing Handball; 2) There is an interaction between the training method and motoric skills on the skills of charity in the Handball game; 3) There are differences in the effect of SSG training methods with SSG-T training methods on the ability of Handball playing skills in athletes who have high motor skills; 4) SSG-T training methods not effective in improving Handball playing skills in athletes who have low motor skills.*

*Keywords: Training Method, Motor Ability*

## DAFTAR ISI

<b>COVER</b> .....	i
<b>LEMBAR PENGESAHAN</b> .....	ii
<b>HAK CIPTA</b> .....	iii
<b>PERNYATAAN BEBAS PLAGIARISME</b> .....	iv
<b>ABSTRAK</b> .....	v
<b>KATA PENGANTAR</b> .....	vii
<b>UCAPAN TERIMAKASIH</b> .....	viii
<b>DAFTAR ISI</b> .....	ix
<b>DAFTAR TABEL</b> .....	xii
<b>DAFTAR GAMBAR</b> .....	xiii
<b>DAFTAR LAMPIRAN</b> .....	xiv
<b>BAB I Pendahuluan</b> .....	1
1.1 Latar Belakang Masalah.....	1
1.2 Rumusan Masalah.....	6
1.3 Tujuan Penelitian.....	6
1.4 Manfaat Penelitian.....	7
1.5 Struktur Organisasi Penulisan.....	8
<b>BAB II Kajian Teori, Kerangka Berfikir, Hipotesis</b> .....	9
2.1 Metode Latihan.....	9
2.1.1 Small Sided Games.....	11
2.2 Kemampuan Motorik.....	15
2.2.1 Unsur – Unsur Kemampuan Motorik.....	16
2.2.2 Fungsi Kemampuan Motorik.....	16
2.3 Permainan Bola Tangan.....	17
2.3.1 Karakteristik Gerak Dasar Permainan Bola Tangan.....	18
2.3.2 Keterampilan Dasar Permainan Bola Tangan.....	19
2.4 Hasil Penelitian yang Relevan.....	28
2.5 Kerangka Berfikir.....	30
2.6 Hipotesis.....	34
<b>BAB III Metode Latihan</b> .....	35

3.1 Metode Penelitian.....	35
3.2 Desain Penelitian.....	36
3.3 Populasi dan Sampel.....	39
3.3.1 Populasi.....	39
3.3.2 Sampel.....	40
3.4 Waktu dan Tempat Pelaksanaan.....	42
3.5 Program Perlakuan.....	42
3.6 Instrument Penelitian.....	44
3.7 Prosedur Penelitian.....	47
3.8 Teknik Analisis Data.....	48
<b>BAB IV Hasil dan Pembahasan Penelitian.....</b>	<b>50</b>
4.1 Deskripsi Penelitian.....	50
4.2 Deskripsi Data.....	50
4.3 Uji Normalitas.....	52
4.5 Uji Homogenitas.....	53
4.6 Uji Hipotesis.....	54
4.7 Pembahasan Penelitian.....	61
4.8 Diskusi Temuan.....	67
<b>BAB V Simpulan, Implikasi dan Saran.....</b>	<b>69</b>
5.1 Simpulan.....	69
5.2 Implikasi.....	70
5.3 Saran.....	71
<b>Daftar Pustaka.....</b>	<b>72</b>
<b>Lampiran.....</b>	<b>76</b>

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