# ANALISIS *LANDING ERROR* PADA ATLET LARI GAWANG

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Sarjana Olahraga Program Studi Ilmu Keolahragaan

oleh

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## LEMBAR HAK CIPTA

Dengan ini saya menyatakan bahwa skripsi dengan judul "Analisis *Landing Error* Pada Atlet Lari Gawang*"* ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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**ABSTRAK**

**ANALISIS LANDING ERROR PADA ATLET LARI GAWANG**

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Tujuan dari penelitian ini adalah untuk mengetahui persentase *landing error* pada pada atlet lari gawang di Sekolah Atletik Padjajaran. Teknik pengambilan sampel dalam penelitian ini menggunakan *Purposive Sampling.* Jumlah sampel yang akan diteliti adalah 10 orang atlet lari gawang (5 laki-laki dan 5 perempuan) Instrumen dalam penelitian ini yaitu *Landing Error Scoring System* berupa 17 indikator penilain teknik melompat dan mendarat. Analisis data dalam penelitian ini menggunakan uji *Crosstab* dalam *Statistical Product for Sosial Science (SPSS)* untuk melihat persentase landing error pada atlet lari gawang berdasarkan *gender*. Hasil pengolahan data menunjukkan bahwa atlet lari gawang perempuan memiliki persentase lebih besar (buruk) di beberapa indikator *Landing Error Scoring System*. Pada indikator 1 (*Knee Flexion Initial Contact*), Indikator 6 (*Lateral Trunk-Flexion Initial Contact*), Indikator 15 (*Medial Knee-Displacement*), Indikator 16 (*Joint Displacement*), Indikator 17 (*Overall Impression*) menunjukkan bahwa atlet perempuan lebih tinggi persentase landing error dibandingkan dengan atlet lari gawang laki-laki.

**Kata Kunci: *LESS*, Lari Gawang, Laki-laki dan Perempuan, *ACL***

# ABSTRACT

## ANALYSIS OF LANDING ERROR IN GENDER BASED HURDLES ATHLETES

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purpose of this study was to see the proportion of landing errors in hurdles athletes at the Padjadjaran Athletic School. Sampling technique used in this study was purposive sampling. Number of samples to be studied were 10 hurdles athletes (5 male and 5 female). Instrument in this study was the Landing Error Scoring System in the form of 17 indicators for assessing entry and landing techniques. Data analysis in this study used the Crosstab test in Statistical Products for Social Sciences (SPSS) to see the proportion of landing errors in hurdles based on gender. Results of data processing show that female hurdles athletes have a greater (worse) proportion of the Landing Error Scoring System indicators. On 1 (Knee Flexion Initial Contact), Indicator 6 (Lateral Trunk-Flexion Initial Contact), Indicator 15 (Medial Knee-Displacement), Indicator 16 (Joint Displacement), Indicator 17 (Overall Impression) shows that female athletes have a higher proportion of errors landing compared to male hurdles athletes.



**Keywords: LESS, Hurdles, Male and Female, ACL**

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