

**PENGARUH METODE LATIHAN DAN *MOTOR ABILITY*
TERHADAP *VOLLEYBALL SKILL PERFORMANCE***

Tesis

Diajukan untuk memenuhi sebagai syarat untuk memperoleh gelar Magister
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ABSTRAK

PENGARUH METODE LATIHAN DAN *MOTOR ABILITY* TERHADAP *VOLLEYBALL SKILL PERFORMANCE*

PEMBIMBING I : Prof. Dr. H. Amung Ma'mun, M.Pd.

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Tujuan penelitian ini untuk mengetahui apakah terdapat pengaruh Metode Latihan dan *Motor Ability* terhadap *Volleyball Skill Performance* dalam permainan Bolavoli. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan desain penelitian *Factorial Design*. Hasil penelitian menunjukkan metode latihan program *Block System* dan program *Random System* memberikan perbedaan pengaruh yang signifikan terhadap *Volleyball Skill Performance*, metode latihan interaksi dengan *Motor Ability* yang memberikan perbedaan pengaruh terhadap *Volleyball Skill Performance*, metode latihan program *Block System* dan program *Random System* memberikan pengaruh perbedaan yang signifikan terhadap *Volleyball Skill Performance* pada kelompok *Motor Ability* Tinggi, metode latihan program *Block System* dan program *Random System* tidak memberikan pengaruh yang signifikan terhadap *Volleyball Skill Performance* pada kelompok *Motor Ability* Rendah. Sehingga dalam memberikan program latihan Bolavoli khususnya program *Random System* lebih baik diberikan pada atlet yang memiliki *Motor Ability* tinggi. Tetapi untuk *Motor Ability* rendah dapat menggunakan kedua program tersebut, baik program *Block system* maupun program *Random System*.

Kata kunci : Metode Latihan, *Motor Ability*, *Volleyball Skill Performance*, *Block System*, *Random System*, VIS, *Volleyball Information System*

ABSTRACT

The Effect of Training Method and Motor Ability Against Volleyball Skill Performance

LECTURER I : Prof. Dr. H. Amung Ma'mun, M.Pd.

LECTURER II : Dr. R. Boyke Mulyana, M.Pd.

The purpose of this study was to determine whether there is an effect of Training Method and Motor Ability on Volleyball Skill Performance in volleyball games. The method used in this research is an experimental method with a factorial design research design. The results showed that the training method, the Block System program and the Random System program, had a significant difference in effect on Volleyball Skill Performance, training had an interaction with Motor Ability which had a different effect on Volleyball Skill Performance, the training method. The Block System and the Random System program had a significant effect on Volleyball Skill Performance in the High Motor Ability group, the training method, the Block System program and the Random System program, did not have a significant effect on Volleyball Skill Performance in the Low Motor Ability group. So that in providing a volleyball training program, especially the Random System program, it is better given to athletes who have high Motor Ability. But for low Motor Ability, both programs can be used, both the Block system program and the Random System program.

Keywords : *Training Method, Motor Ability, Volleyball Skill Performance, Block System, Random System, VIS, Volleyball Information System*

DAFTAR ISI

DAFTAR ISI	vi
BAB I.....	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah Penelitian	7
1.3 Tujuan Penelitian	7
1.4 Manfaat Penelitian.....	8
1.5 Struktur Organisasi.....	8
BAB II.....	9
KAJIAN PUSTAKA.....	9
2.1 Kajian Teoretis	9
2.1.1 Latihan.....	9
2.1.2 Motor Ability.....	12
2.1.3 Bolavoli.....	15
2.1.3.1 Serve	18
2.1.3.2 Spike	19
2.1.3.3 Block.....	20
2.1.3.4 Pass	22
2.1.3.5 Spesifikasi Motor Ability dalam Bolavoli	23
2.1.4 <i>Volleyball skill performance</i> Analysis	24
2.2 Penelitian Relevan.....	26
2.3 Kerangka Berpikir	29
2.4 Hipotesis Penelitian.....	30
BAB III	31
METODELOGI PENELITIAN	31
3.1 Metode Penelitian.....	31
3.2 Desain Penelitian.....	31
3.3 Populasi dan Sampel	32
3.3.1 Populasi	32
3.5 Instrumen Penelitian.....	34
3.5.1 Volleyball Information System (VIS).....	34
3.5.2 Motor Ability Test	36
3.5.3 Metode Latihan	38
3.6 Prosedur Penelitian.....	39
3.7 Analisis Data	40
BAB IV.....	41

TEMUAN DAN PEMBAHASAN	41
4.1 Temuan.....	41
4.1.1 Pengolahan Data	43
4.1.2 Uji Normalitas	43
4.1.3 Uji Homogenitas.....	45
4.1.4 Uji Hipotesis menggunakan <i>Two Way ANOVA</i>	46
BAB V.....	51
SIMPULAN, IMPLIKASI DAN REKOMENDASI.....	51
5.1 Simpulan	51
5.2 Implikasi.....	51
5.3 Rekomendasi.....	53
DAFTAR PUSTAKA.....	54
LAMPIRAN	61
Lampiran 1 Surat Izin Penelitian.....	61
Lampiran 2 Program Latihan	62
Lampiran 3 Hasil VIS (Volleyball Information System)	73
Lampiran 4 Thereshold Test.....	77
Lampiran 5 Uji SPSS	84
Lampiran 6 Penghitungan Statistik Manual	86

DAFTAR TABEL

Tabel 3.1 Experimental Factorial Design 2x2	25
Tabel 3.2 Threshold Parameters	30
Tabel 4.1 Tabel Sederhana Pembahasan Factorial Design	36
Tabel 4.2 Uji Normalitas Metode Latihan <i>Pada Kelompok Random Dengan Motor Ability Tinggi</i>	38
Tabel 4.3 Uji Normalitas Metode Latihan <i>Pada Kelompok Random Dengan Motor Ability Rendah</i>	39
Tabel 4.4 Uji Normalitas Metode Latihan <i>Pada Kelompok Block Dengan Motor Ability Tinggi</i>	40
Tabel 4.5 Uji Normalitas Metode Latihan <i>Pada Kelompok Block Dengan Motor Ability Rendah</i>	40
Tabel 4.6 Tabel Uji Homogenitas	41
Tabel 4.7 Hasil Perhitungan Perbedaan Yang Signifikan Antara Metode Latihan Program <i>Block System</i> Dan Program <i>Random System</i> Terhadap <i>Volleyball Skill Performance</i>	42
Tabel 4.8 Hasil Perhitungan Interaksi Antara Metode Latihan Dengan <i>Motor Ability</i> Yang Memberikan Perbedaan Pengaruh Terhadap <i>Volleyball Skill Performance</i>	43
Tabel 4.9 Hasil Perhitungan Perbedaan Yang Signifikan Antara Metode Latihan Program <i>Block System</i> Dan Program <i>Random System</i> Terhadap <i>Volleyball Skill Performance</i> Pada Kelompok <i>Motor Ability Tinggi</i>	45
Tabel 4.10 Hasil Perhitungan Signifikansi Antara Metode Latihan Program <i>Block System</i> Dan Program <i>Random System</i> Terhadap <i>Volleyball Skill Performance</i> Pada Kelompok <i>Motor Ability Rendah</i>	46

DAFTAR GAMBAR

Gambar 2.1 Lapangan Bolavoli dan 6 posisinya	15
Gambar 2.2 Ilustrasi Gerakan <i>Serve (Jump Serve)</i>	19
Gambar 2.3 Fase-Fase Melakukan <i>Spike – Tangan Kanan</i>	20
Gambar 2.4 Ilustrasi tipe Landing dalam <i>Block</i> Bolavoli.....	21
Gambar 2.5 Perbedaan Pemain terampil dan Tidak terampil dalam Pasing Bola Voli.....	22
Gambar 3.1 Form P5	28
Gambar 3.2 Langkah-langkah Penelitian	33
Gambar 4.1 Analisis Grafik Interaksi	44

DAFTAR LAMPIRAN

Lampiran 1 Surat izin Penelitian	61
Lampiran 2 Program Latihan <i>Small-Sided Games</i>	62
Lampiran 3 Hasil VIS (Volleyball Information System)	73
Lampiran 4 Threshold Test.....	78
Lampiran 5 Uji SPSS.....	84
Lampiran 6 Penghitungan Statistik Manual	86
Lampiran 7 Dokumentasi Penelitian	90

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