



Triple Jump Ability: The Effect of Single Leg Speed Hop Training Method on High School Students

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* M. Nur Fadholi^{1abcde} 

¹Universitas Pahlawan Tuanku Tambusai, Indonesia.

ABSTRACT

The purpose of the study. This research was motivated by the results of the triple jump carried out by the students of class X SMAN 2 Tapung Hilir not optimal and less precise in its implementation. The triple jump is an athletic sport in the form of jumping, lifting the legs up and forward in an effort to carry the point of weight as long as possible in the air.

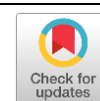
Materials and methods. Methods This research uses an experimental method with One Group, namely Pre-test and Post-test Design. The data collection technique was saturated sampling with inclusion and exclusion criteria. Data analysis in this study used the Wilcoxon test, Paired Sample T-test.

Results. Data analysis in this study used the Wilcoxon test, Paired Sample T-test. Research results based on the statistical output "Test Statistics", it is known that Asymp.Sig (2-tailed) is worth 0.001. Because the value of 0.001 is smaller than <0.05 .

Conclusions. The conclusion in this study is that there is a significant effect between the single leg speed hop exercise method and the triple jump ability of the students of SMAN 2 Tapung Hilir.

Keywords: *single leg; speed hop; Triple Jump.*

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INTRODUCTION

Physical Education, Sports and Health is an integral part of overall education which aims to develop aspects of physical fitness, movement skills, critical thinking, social skills, reasoning, emotional stability, healthy lifestyle morals and introduction to a clean environment through physical activity in order to achieve goals. national education (Permendiknas No. 23 of 2006). In education, physical sports and health lessons, there are athletic sports branches. Athletics is one of the oldest sports, which has been practiced by humans since ancient times until today. In fact, it could be said that since the existence of humans on this earth, athletics has existed, because the movements contained in athletics, such as walking, running, jumping and throwing, are

* Corresponding Author M. Nur Fadholi, e-mail: angafadli123456789@gmail.com

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movements carried out by humans in everyday life. Sukino (2015) argues that, "athletics comes from the Greek word "athon" which means to compete or compete. Likewise athletic sports competitions there are more than one type of competition.

One of the athletic numbers that is often contested is jumping. Number jump consists of several types, namely the long jump, triple jump, long jump, and high jump. In learning at school that often appears is triple jump. Triple jump is a type of number jump that has its own characteristics and rhythm. It turns out that when followed closely, triple jump achievements are achieved in a long process and require several supporting factors, including the use of science as a guide to achieve progress in triple jump achievements.

The triple jump itself has three types of jumps, namely hopscotch, step, and leap, in English it is called hop, step, jump. Therefore, the triple jump requires more power and stamina than the long jump. This is because in the long jump the athlete only does one push to get as far as possible, whereas in the triple jump the athlete does three pushes to get as far as possible. So in the triple jump the athlete must have more stamina and power to be able to do it. The athlete must have more stamina and power so that he is able to do three push-ups in a row effectively. (Sugarwanto & Okilanda, 2020). To increase power, good training is needed and is in accordance with physical aspects and training principles.

One of the physical components in triple jump learning that every student must have is muscle explosive power. This physical component can form and develop if it is supported by elements such as strength and speed that are well developed. Muscle explosive power skills can increase if there are factors that include muscle contraction, movement speed, and high coordination. If given continuous training, the leg skills to perform muscle explosive power will definitely be successful. Muscle explosive power is very decisive in doing triple jump. This is because the explosive power of the muscles determines the result of the triple jump. Of course, optimal ability in triple jumping, apart from students having to have strength, explosive power, speed, flexibility and coordination of movements, they must also understand and master the technique of



performing triple jump movements quickly, flexibly and smoothly (Ayu & Widhiyanti, 2021).

One of the training methods to increase muscle explosive power is the single leg speed hop training method. The single leg speed hop training method is a training method that is done by standing relaxed, back straight, looking forward, and shoulders leaning slightly forward using one leg in a bent position, then start jumping forward quickly until the foot is under the buttocks. After landing, jump up quickly with the same leg motion, then land on one leg. If the support or repulsion is using the right foot, then when landing also use the right foot. This single leg speed hop exercise method involves the gluteus, hamstring, quadriceps, and gastrocnemius muscles. Single leg speed hop exercise is a jumping movement with one leg to reach the maximum height and maximum speed of leg movement.

The single leg speed hop exercise develops explosive power for the leg and hip muscles, especially the gluteals, hamstrings, quadriceps and gastrocnemius muscles at high speed and full of power. Single leg speed hop is very useful for developing leg muscle explosive power. Through single leg speed hop training, the explosive power of the leg muscles develops more optimally so that it will support sports activities that require explosive power of the leg muscles. By carrying out the single leg speed hop training method, students can increase the explosive power of their leg muscles because when performing movements using the single leg speed hop involves speed and strength where the explosive power is a combination of strength and power.

Based on this background description, the researcher intends to raise the title "The Influence of the Single Leg Speed Hop Training Method on the Triple Jump Ability of Class X Students of SMA Negeri 2 Tapung Hilir". This is considered to be a serious concern for improving student performance, especially in the triple jump, using the single leg speed hop training method.

MATERIALS AND METHODS

Study participants

The sample and population of this study were students of class X SMA Negeri 2 Tapung Hilir consisting of 7 classes with a total population of 210.



Study Organization

The research method used is a pre-experimental research method with the aim of finding out the effect of the independent variable on the dependent variable in this research, namely the triple jump movement, and the independent variable is the single leg speed hop exercise. Thus, this research is intended to find changes that occur from the implementation of single leg speed hop training on triple jump results.

Test and measurement procedures

In this study, the researchers used a test instrument, namely the triple jump measurement which was carried out in two stages, namely during the pretest (not given training) and posttest (after being given training). This research uses a method of collecting sports test and measurement data, namely tests and measurements on the triple jump.

RESULTS

Based on the results of data analysis, description, testing of research results and discussion, it can be concluded that there is a significant effect between the single leg speed hop exercise and the results of triple jumping ability in students of SMA Negeri 2 Tapung Hilir, with the statistical output value "Test Statistics", it is known that Asymp .Sig (2-tailed) has a value of 0.000. Because the value of 0.000 is smaller than 0.05, it can be concluded that "there is a significant difference in the scores of the pre-test and post-test". The results of this study indicate that there is a significant influence between the results of the triple jump ability pre-test and post-test.

Uji Normalitas.

the results of the normality test for the Kolmogorv Smirnov test data show that the significance value for the pre-test and post-test scores is $0.20 > 0.05$, so it can be said that the data is normally distributed. Since the data is normally distributed, the comparative test used is the parametric paired t-test.

Uji Hipotesis

Based on the paired test table, it is known that the significance value is $0.001 < 0.05$, which means that there is a significant difference between the pre-test scores and the post-test scores. As shown in the table of descriptive statistics, it is known that



the average triple jump time for students during the post test takes less time than during the pre test. This means that there is a significant influence of the single leg speed hop training method on the results of the triple jump at SMA Negeri 2 Tapung Hilir.

DISCUSSION

Athletics, especially the number jump with the long jump squat style criteria, needs to be trained continuously and regularly. So that it gives good and significant results as expected. In class VII students of SMP Negeri 1 Tapung, they were given a training method to improve the students' long jump results. By using the skipping rope training method. Students are trained to use a skipping rope in the procedure attached and approved by a validator who has expertise in the field. The results of the study showed that there was a significant effect between single leg speed hop exercise and triple jump ability at SMA Negeri 2 Tapung Hilir with the statistical output value "Test Statistics", it was known that Asymp.Sig (2-tailed) had a value of 0.000. , 000 is smaller than 0.05. So it can be concluded that "there is a significant difference between the pre-test score and the post-test score." . The way to do it is to jump back and forth 2 times with a distance of 25 meters for men and 15 meters for women. Thus it is clear that the Single leg speed hop exercise has a close relationship and has an important role in supporting the successful implementation of triple jump numbers in athletics. Without having a good agility and speed training program, don't expect athletes to be able to carry out and achieve maximum triple jump ability. A good single leg speed hop training program has a positive impact related to speed and agility in performing triple jump abilities. By having greater speed and agility, it will be more advantageous when triple jumping.

Referring to the results of the calculations and analysis of the research data above, it appears that there is a significant effect of the single leg speed hop exercise on the triple jump ability at SMA Negeri 2 Tapung Hilir. This means that the average post-test score is higher than the pre-test average score. The average score describes the results achieved by most students (Wahyuni, 2020). From this research, it can be seen that triple jumping is very much needed and contributes. Good speed and agility of motion



will certainly result in maximum running. When doing the triple jump, there are many factors that influence it. Besides the single leg speed hop exercise, there are other factors, namely, flexibility, coordination of movements, when doing the triple jump.

CONCLUSION

Based on the results of data analysis, description, testing of research results and discussion, it can be concluded that there is a significant effect between the single leg speed hop exercise and the results of triple jumping ability in students of SMA Negeri 2 Tapung Hilir, with the statistical output value "Test Statistics", it is known that Asymp .Sig (2-tailed) has a value of 0.000. Because the value of 0.000 is smaller than 0.05, it can be concluded that "there is a significant difference in the scores of the pre-test and post-test". The results of this study indicate that there is a significant influence between the results of the triple jump ability pre-test and post-test. This is due to the provision of the single leg speed hop training method to students to improve the results of their triple jump ability. With regular and well-programmed training, the results achieved will be maximally effective. In this research the obstacles and obstacles were when collecting samples, because for practice students were too lazy to follow along. Researchers are required to work extra to collect students by contacting students one by one.

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APPENDIX

Information About The Authors:

M. Nur Fadholi, S.Pd, Universitas Pahlawan Tuanku Tambusai, Indonesia.

Email: angafadli123456789@gmail.com: Department of Physical, Health and Recreation Education, Faculty of Teacher Training and Education, Universitas Pahlawan Tuanku Tambusai; Address No.23, Bangkinang, Kec. Bangkinang, Kabupaten Kampar, Riau 28412.



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