

ABSTRAK

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Pengaruh *Dumbbell Lunges Exercise* dan *Wall Sit Exercise* Terhadap Kekuatan Otot Tungkai pada Atlet Tapak Suci di IMBS Pekajangan Kabupaten Pekalongan

Pendahuluan: Kekuatan otot tungkai menjadi bagian penting dalam menunjang aktivitas atlet tapak suci, Karena teknik yang digunakan atlet tapak suci membutuhkan kekuatan otot tungkai yang baik dalam gerakan dinamis maupun statis. *Dumbbell lunges exercise* dan *wall sit exercise* merupakan kombinasi latihan yang dapat meningkatkan kekuatan otot melalui adaptasi hipertropi otot.

Tujuan: Mengetahui Pengaruh *Dumbbell Lunges Exercise* dan *Wall Sit Exercise* Terhadap Kekuatan Otot Tungkai pada Atlet Tapak Suci di IMBS Pekajangan Kabupaten Pekalongan

Metode Penelitian: Penelitian ini menggunakan desain penelitian quasi experiment dengan *tipe one group pre-test post-test design*. Dalam penelitian ini menggunakan alat ukur yang bernama *leg dynamometer* sebagai alat ukur kekuatan otot tungkai. Tes menggunakan *leg dynamometer* mendapatkan nilai atau hasil validitas sebesar 0,82 dan reliabilitas sebesar 0,93.

Hasil Penelitian: Hasil penelitian diperoleh rata-rata kekuatan otot tungkai sebelum diberikan intervensi sebesar 73,417 kg dan sesudah diberikan intervensi sebesar 83,542 kg. Hasil uji statistik menunjukkan nilai p value ($0,003 < 0,05$) berarti ada pengaruh *dumbbell lunges exercise* dan *wall sit exercise* terhadap kekuatan otot tungkai pada atlet tapak suci di IMBS Pekajangan Kabupaten Pekalongan.

Simpulan: *Dumbbell lunges exercise* dan *wall sit exercise* berpengaruh terhadap peningkatan kekuatan otot tungkai pada atlet tapak suci di IMBS Pekajangan Kabupaten Pekalongan.

Saran: Tenaga kesehatan khususnya fisioterapi olahraga dapat menggunakan intervensi *dumbbell lunges exercise* dan *wall sit exercise* untuk meningkatkan kekuatan otot tungkai.

Kata Kunci : *Dumbbell lunges exercise*, *wall sit exercise*, Kekuatan otot tungkai

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ABSTRACT

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The Influence of Dumbbell Lunge Exercise and Wall Sit Exercise on Leg Muscle Strength in Tapak Suci Athletes at IMBS Pekajangan, Pekalongan Regency

Introduction: Leg muscle strength is a crucial component in supporting the activities of Tapak Suci athletes, as the techniques employed by these athletes require strong leg muscles for both dynamic and static movements. Dumbbell lunge and wall sit exercises are a combination of workouts that can enhance muscle strength through muscle hypertrophy adaptation.

Objective: To determine the influence of dumbbell lunge and wall sit exercises on leg muscle strength in Tapak Suci athletes at IMBS Pekajangan, Pekalongan Regency

Research Methods: This study employed a quasi-experimental design with a one-group pre-test and post-test design. A leg dynamometer was used as the measurement tool for leg muscle strength. The test using the leg dynamometer resulted in a validity score of 0.82 and a reliability score of 0.93.

Research Results: The results showed that the average leg muscle strength before the intervention of the exercises was 73.417 kg, and after the intervention, it was 83.542 kg. The statistical tests revealed a p-value of 0.003 ($p < 0.05$), indicating that there was a significant influence of the exercises on leg muscle strength in Tapak Suci athletes at IMBS Pekajangan, Pekalongan Regency.

Conclusion: Dumbbell lunge and wall sit exercises have a positive effect on increasing leg muscle strength in Tapak Suci athletes at IMBS Pekajangan, Pekalongan Regency.

Recommendations: Health professionals, particularly sports physiotherapists, can use dumbbell lunge and wall sit exercises to improve leg muscle strength.

Keywords : *Dumbbell lunges exercise, wall sit exercise, leg muscle strength*

References : 44 (2016-2023)