

ABSTRAK

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Pengaruh *Speed Agility Quickness* (SAQ) Terhadap *Footwork* Pada Pemain Bulutangkis Di PB Mutiara Kedungwuni

Pendahuluan: *Footwork* merupakan kesulitan yang sering dialami oleh pemain bulutangkis karena memerlukan koordinasi gerakan kaki yang baik, pemain PB Mutiara Kedungwuni kekurangan pada *agility*-nya Latihan *Speed Agility Quickness* (SAQ) yaitu latihan dalam mengembangkan kecepatan, kelincahan, dan koordinasi gerakan yang mendasari pada kemampuan *footwork* pada pemain bulutangkis. Tujuan penelitian ini untuk mengetahui pengaruh latihan *Speed Agility Quickness* (SAQ) terhadap *footwork* pada pemain bulutangkis di PB Mutiara Kedungwuni.

Metode Penelitian: Penelitian ini menggunakan metode *quasi eksperimental study* dengan pendekatan *one group pre-test post-test design*. Teknik pengambilan sampel menggunakan total sampling sebanyak 25 responden, menggunakan *Paired Sample T-Test*. Penelitian ini dilakukan sebanyak 9 kali pertemuan menggunakan alat ukur *side step test*.

Hasil: Hasil analisis *Paired Sample T-Test* menunjukkan p value sebesar $p=0,000$ ($p<0,05$), sehingga terdapat pengaruh latihan *Speed Agility Quickness* (SAQ) terhadap *footwork* pada pemain bulutangkis di PB Mutiara Kedungwuni.

Diskusi: Adanya pengaruh latihan *Speed Agility Quickness* (SAQ) terhadap peningkatan *footwork* pada pemain bulutangkis di PB Mutiara Kedungwuni Penelitian. Pemain diharapkan menerapkan latihan untuk meningkatkan *footwork*.

Kata Kunci : *Speed Agility Quickness* (SAQ), *Footwork*, *Side Step Test*

Daftar Pustaka : 34 (2012-2025)

ABSTRACT

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The Effect of Speed Agility Quickness (SAQ) Training on Footwork in Badminton Players at PB Mutiara Kedungwuni

Introduction: Footwork is a common challenge faced by badminton players as it requires good coordination of foot movements. Players at PB Mutiara Kedungwuni have shown deficiencies in agility. Speed Agility Quickness (SAQ) training is designed to develop speed, agility, and movement coordination, which are fundamental to improving footwork ability in badminton players. The purpose of this study is to determine the effect of Speed Agility Quickness (SAQ) training on footwork in badminton players at PB Mutiara Kedungwuni.

Research Methods: This study used a quasi-experimental method with a one-group pre-test post-test design. The sampling technique was total sampling, involving 25 respondents. The analysis was conducted using the Paired Sample T-Test. The training was carried out over 9 sessions, with the Side Step Test used as the measurement instrument.

Results: The results of the Paired Sample T-Test analysis showed a p-value of 0.000 ($p < 0.05$), indicating that SAQ training had a significant effect on footwork in badminton players at PB Mutiara Kedungwuni.

Discussion: Speed Agility Quickness (SAQ) training was found to significantly improve footwork in badminton players at PB Mutiara Kedungwuni. Players are encouraged to implement this training consistently to enhance their footwork performance.

Keywords: Speed Agility and Quickness (SAQ), Footwork, Side Step Test

Bibliography: 34 (2012-2025)