

THE INFLUENCE OF MODIFICATION PLIOMETRIK EXERCISE
IN THE BASIS OF SAND BEACH TO INCREASING
OF REACTION TIME AND BALANCE
ON MALE ADOLESCENT FIGHTER

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ABSTRACT

This researches was aim to know the difference of influence modify plyometric exercise in basis for coastal sand to increase the reaction time and balance for male adolescent fighter.

This research's design was the one group pre test and post test design. The samples subject to modification exercises pliometric sand beach on the runway for 18 sessions. The population in this research are all fighters of Perisai Diri in the junior high school from Kalasan Sleman totaling 41 athletes. Samples were taken away from the purposive sampling amount to 30 athletes. Data analysis techniques using the t test.

The analysis showed significant difference in pretest and posttest well as between the reaction time, with 13.221 t count > t tables of 2.05, and the significance value of $0.000 < 0.05$. Thus the hypothesis which says there is modification of the effects of exercise on the basis pliometric sand to increase the reaction speed of fighter, accepted. Difference pretest and posttest for 4.033 second, with percentage increase of 11.736%. The analysis showed significant difference between pretest and posttest the balance, with 15.091 t count > t table 2.05, and the significance value of $0.000 < 0.05$. Thus the hypothesis which says there is modification of the effects of exercise on the basis pliometrik sand to increase the balance of fighters, accepted. Difference pretest and posttest for 5.333 seconds, with a percentage increase of 11,149%.

Keyword: modification, pliometrics, reaction time, balance