

ABSTRAK

PENGARUH LATIHAN OTOT TUNGKAI DAN OTOT LENGAN DALAM PERMAINAN BOLA BASKET DI SMA NEGERI 01 TAIBENU, KABUPATEN KUPANG, TAHUN AJARAN 2025/2026

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Latar belakang: Kemampuan lemparan tiga poin dalam bola basket dipengaruhi oleh kekuatan otot lengan, bahu, dan dada. Latihan push up merupakan bentuk latihan sederhana yang mudah diterapkan di sekolah, namun belum dimanfaatkan secara optimal dalam kegiatan ekstrakurikuler untuk meningkatkan kemampuan lemparan tiga poin siswa.

Tujuan penelitian: Penelitian ini bertujuan untuk mengetahui pengaruh latihan otot tungkai dan otot lengan terhadap kemampuan lemparan tiga poin siswa ekstrakurikuler bola basket SMA Negeri 01 Taibenu.

Metode penelitian: Penelitian ini menggunakan metode eksperimen dengan desain *one group pretest–posttest* terhadap 17 siswa ekstrakurikuler bola basket yang dipilih dengan teknik *total sampling*. Instrumen penelitian berupa tes keterampilan lemparan tiga poin, dan data dianalisis menggunakan statistik deskriptif serta uji *paired sample t-test* pada taraf signifikansi 0,05.

Hasil penelitian: Hasil penelitian menunjukkan adanya peningkatan kemampuan lemparan tiga poin siswa dari *pretest* ke *posttest*. Uji *paired sample t-test* menunjukkan nilai *t-hitung* lebih besar dari *t-tabel*, sehingga latihan push up berpengaruh signifikan terhadap peningkatan kemampuan lemparan tiga poin siswa.

Simpulan: Berdasarkan hasil penelitian, dapat disimpulkan bahwa latihan *push up* memberikan pengaruh yang signifikan terhadap peningkatan kemampuan lemparan tiga poin siswa ekstrakurikuler bola basket SMA Negeri 01 Taibenu.

Kata kunci: latihan *push up*, lemparan tiga poin, bola basket, ekstrakurikuler

ABSTRACT
THE EFFECT OF LOWER LIMB AND ARM MUSCLE TRAINING
IN BASKETBALL AT SMA NEGERI 01 TAIBENU, KUPANG REGENCY,
ACADEMIC YEAR 2025/2026

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Background: *Three-point shooting ability in basketball is influenced by the strength of the arm, shoulder, and chest muscles. Push-up training is a simple form of strength exercise that can be easily implemented in schools; however, it has not been optimally utilized in extracurricular activities to improve students' three-point shooting ability.*

Research Objective: *This study aims to determine the effect of leg muscle and arm muscle training on the three-point shooting ability of basketball extracurricular students at SMA Negeri 01 Taibenu.*

Research Method: *This study employed an experimental method using a one-group pretest–posttest design involving 17 students from the basketball extracurricular program, selected through total sampling. The research instrument was a three-point shooting skill test. Data were analyzed using descriptive statistics and a paired sample t-test at a significance level of 0.05.*

Research Results: *The results showed an improvement in students' three-point shooting ability from pretest to posttest. The paired sample t-test indicated that the calculated t value was greater than the t table value, meaning that push-up training had a significant effect on improving students' three-point shooting ability.*

Conclusion: *Based on the research findings, it can be concluded that push-up training has a significant effect on enhancing the three-point shooting ability of students in the basketball extracurricular program at SMA Negeri 01 Taibenu.*

Keywords: *push-up training, three-point shooting, basketball, extracurricular activities*