

## ABSTRACT

**MUHAMMAD FAJAR RAMADHAN. "Efforts to improve 3 Point Shooting Accuracy by Using J-Glove Media on the Putra Basketball Team at Jakarta State University". Thesis of Sport Coaching Education Study Program, Faculty of Sport Science, Jakarta State University, July 2019.**

This study aims to examine the extent of improved shooting results using the J-Glove media for students (athletes) who are members of the Men's Basketball Team at Jakarta State University.

Data retrieval was carried out on the basketball court campus B Jakarta State University on May 15 to June 28, 2019. The research method used in this study was the Experimental Method, namely by providing treatment in training using J-Glove media to improve accuracy 3 basketball shoot point Team Putra basketball at Jakarta State University. experimental method. The research design uses "one group pretest-posttest design". The population in this study was the men's basketball team at the Jakarta State University, sampling using total sampling which means that all population members were sampled because they consisted of 15 people. The initial 3 point shooting test results obtained the lowest value of 19 times the ball entered the ring in doing 3 point shooting and the highest 32 times the ball entered the ring in doing 3 point shooting. And for the final 3 point shooting test the lowest is 27 times the ball enters the ring in doing 3 point shooting while the highest is 37 times the ball enters the ring in doing 3 point shooting, each test is carried out with 50 attempts. The average value of the calculation of the initial test and the final test 3 point shooting is 8.1, the standard deviation value of 3 point shooting is 5.61.

The standard error value of the average difference of 1.5. then from the next results th (t count) 5.4 and tb (t table) 1.70113. To better illustrate the state of

the initial test and the final test treat the 3 point shooting exercise using the J-Glove media on the results of the 3 point shooting accuracy

Based on the results of the initial test and the final test of the treatment results from the 3 point shooting exercise using the media J-Glove on the results of 3 point shooting obtained a value for 3 point shooting with the final test 3 point shooting with an average value of 8.1, the standard deviation value of 5.61, the standard error value of the average difference is 1.5, while for  $t_{count}$  is 5.4 and  $t_{table}$  (t table) is 1.70113. With a significance level of 5%. Thus  $t_{count} > t_{table}$  which means  $H_0$  is rejected, so it can be concluded that the 3 point shooting exercise using J-Glove media affects the accuracy of the 3 point shooting results.