

## ABSTRACT

**SYAHID ABDUL BASITH. Effectiveness Of *Campus Board* And *Finger Board* Training Methods On Improving Strength In Hand Hack Student of State University of Jakarta Sport Climbing Club. Skripsi. Jakarta : Study Program of Sport Coaching Education, Faculty of Sport Science, Jakarta State University, July, 2017**

In General, this research aims to find out if there is a difference in the increase as well as a more effective method of exercise between *campus boards* and method of *finger board* exercises against the strenght at hand for handling members of State University of Jakarta Sport Climbing Club.

This research is housed in the environment Club Jakarta State University sport climbing in boulder wall means. Time used for research ranging from research to plan the preparation done September 2016 until May 2017. Research was conducted to find out the effectiveness of the methods of exercise of *campus board* and exercise methods *finger board*. The research method used was experimental method by using pre-test test and Post test-two group design, with a total population of as many as 24 people, and the method of sampling using the method total sampling or saturated samples are then divided into two research groups are random. Data collection is done by way of holding early tests to measure the strength of handling of the hand, and then given a treatment action through to the end given the ultimate test with the same instrument with the initial tests by using a tool called Handgrip Dynamometer already validated. After being given the treatment and obtaining data by steps-steps that are already raw, then it will be known in the next improvement is processed in the calculation of statistics.

The data obtained will be analysed using the method of calculation of test-t. Based on analysis of data the calculation obtained the following results: 1)

there is an increase in strenght handling on hands after being given a method of exercise using the *campus board* through a trial value t calculate of 9.46 which compared to the t-table of 2.17 in confidence  $\alpha = 0.05$  and N-1 degrees of freedom = 11. 2) there is an increase in power handling on hands after being given a method of exercise using the *finger board* through a trial value t calculate of 7.61 compared with t-table of 2.17 in confidence  $\alpha = 0.05$  and N-1 degrees of freedom = 11. 3) comparison between the method of exercise *campus board* with *finger board* on increasing strength in handling the hand on a rock climbing Club of athletes Jakarta State University through the value t calculate of 2.319. If compared with the t table turned out to be bigger than the t table of 2.074 on trust  $\alpha = 0.05$  and N1 N2 degrees of freedom-2 = 22.

The results of this study concluded that the method of exercise *campus board* more effective than the method of exercise of the *finger board* to increased strenght handling for athlete hand at rock climbing, so that it can contribute both in the process of increasing the strength for rock climbing athlete. Based on the results of research on the effectiveness of the methods of exercise *campus board* and *finger board* against increased strenght on hand handling student of State University of Jakarta sport climbing club.