

## ABSTRAK

TEISYA DWI Duhita HAYUNINGTYAS: Effects of Strength Training Pull Toward Success In Doing Dings Athletes Judo Club PJKB Jakarta. Thesis: Study Program Marine Corps, Department of Sports Performance, Faculty of Sport Science, State University Jakarta, January 2017.

This study aims to determine the effectiveness of tensile strength training with rubber tug and pull with strength training up and down the mine. Furthermore, to know of both forms of exercise is more effective in increasing the strength of the pull of the club athletes PJKB (Knight Bhayangkara Judo Association) DKI Jakarta.

The population in this study is the athletes Jakarta PJKB club consisting of 30 people sampled and the sampling is done with a non-random (Non-Random Sampling) and using saturation sampling. The method used in this research is the experimental method. By using the design study data retrieval "(Pre-Test and Post-Test Two Group Design (pretest-posttest randomized group design)" is to determine the independent and dependent variables. As the research instrument used tests dings 30 seconds.

The results show: first, from the data obtained  $t_{hitung}$  of = 11.72  $t_{tabel}$  with one-sided test at significance level with  $n-1 = 14$  is 1.76, then  $t_{hitung} (11.72) > t_{tabel} (1,76)$ , means a significant increase. Second, From the data obtained  $t_{hitung}$  of = 12.61  $t_{tabel}$  with one-sided test at

significance level with  $n-1 = 14$  is 1.76, then  $t_{hitung} (12.61) > t_{tabel} (1,76)$ , means a significant increase , Third, from the existing data of test results end group Training Methods Training Methods Pull the rubber and ride down the mine obtained  $t_{count}$  by 0.73  $t_{table}$  further tested with the significant level of 5% and degrees of freedom  $(N1 + N2) - 2 = 28$  is obtained  $t_{table}$  of 2.16 which means  $t_{count} < t_{table}$  thus concluded that the results of the t test method pull strength training with rubber pull exercises and drills up and down the mine there is a difference, then  $H_0$  rejected and  $H_1$  accepted.

Based on the results of the initial test and final test of the two exercises stretcher, tensile strength training with rubber tug and pull strength training by riding down the mine equally increased, but it does not look pebedaan dings significant results. So both training methods were equally effective in improving outcomes dings PJKB club judo athlete Jakarta.