

ABSTRACT

THE INFLUENCE OF LEG MUSCLE STRENGTH TRAINING ON BUTTERFLY SWIMMING SPEED OF BHAYANGKARA SWIMMING CLUB ATHLETES IN SOUTH BENGKULU

By

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The purpose of this study was to determine the effect of leg muscle strength training on butterfly swimming speed in Bhayangkara Swimming Club Bengkulu Selatan athletes. The type of this study was experimental and the sample of this study was 16 athletes. The highest score was 18.26 and the lowest score was 21.4. The average count (mean) was 19.64 and the standard deviation was 1.08 then the final test the highest score was 18.12 and the lowest score was 21.18. From the data analysis obtained an average (mean) of 19.44, standard deviation or (standard deviation) of 1.06. So that the initial test average of 19.64 increased to 19.44. The instrument used in this study was the speed of the butterfly stroke. Based on the pre-test and post-test data, the results of the normality test were obtained, all of which were normally distributed. Furthermore, the test results showed tcount: $5.71 > ttable: 2.131$. So this value indicates that leg strength training has a significant effect on increasing the speed of the butterfly stroke. Thus, the hypothesis that states that there is an effect of leg strength training on the speed of the butterfly stroke in athletes of the Bhayangkara Swimming Club, South Bengkulu "is accepted.

Keywords: butterfly speed, leg strength

