

ABSTRACT

The Influence of Depth Jump, Alternate Leg Stair Bound Exercises and Emotional Intelligent Toward the Pencak Silat Kick Skill.

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Based on the writer's observation, the students' sickle kick skill of Islamic University of Indragiri are still low. The goal of this research is to find out the influence of depth jump, alternate leg stair bound exercises and emotional intelligent toward the students' sickle kick skill at Islamic University of Indragiri. The kind of this research is quantitative research which is using the research factorial 2x2 design. The population of this research is about 90 students while the samples are 48 male students which are taken by using purposive and random sampling from the population. Sickle kick skill test is used to know the students' sickle kick skill of Islamic University of Indragiri.

The result of the data analysis shows that (1) Students' sickle kick skill which is trained by using Alternatel Leg Stair Bound exercise is no different being trained by using depth jump exercise. (2) There is an interaction between both of the exercises and emotional intelligent toward the students' sickle kick skill. (3) By having high emotional intelligent, sickle kick skill which is trained by using Alternate Leg Stair bound method higher than being trained by using depth jump exercise. (4) By having emotional intelligent in low level, students' sickle kick skill which is trained by using Depth Jump method higher than being trained by using Alternate Leg Stair Bound method. Based on this finding, it can be concluded that (1) Alternate Leg Stair Bound exercise is more effective to be used to improve the students' sickle kick skill. (2) Both of the exercises and emotional intelligent influence the students' sickle kicks skill.

ABSTRAK

Pengaruh Latihan *Depth Jump*, *Alternate Leg Stair Bound* dan Kecerdasan Emosional terhadap Keterampilan Tendangan Sabit Pencak Silat.

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Berdasarkan pengamatan penulis di lapangan menunjukkan bahwa masih kurangnya kemampuan teknik keterampilan tendangan sabit pada mahasiswa di Universitas Islam Indragiri (UNISI). Penelitian ini bertujuan untuk melihat pengaruh latihan *depth jump*, *alternate leg stair bound* dan kecerdasan emosional terhadap keterampilan tendangan sabit. Metode penelitian ini adalah metode kuantitatif dengan menggunakan rancangan penelitian Faktorial 2×2 . Populasi penelitian ini sejumlah 90 orang mahasiswa, sedangkan sampel diambil secara *purposive sampling* dan *sampling random* sehingga diperoleh sampel sebanyak 48 orang mahasiswa putra. Data tes keterampilan tendangan sabit yang bertujuan untuk mengetahui keterampilan tendangan sabit Mahasiswa Penjaskesrek Universitas Islam Indragiri (UNISI).

Hasil analisis data menunjukkan bahwa: (1) Keterampilan Tendangan sabit yang dilatih dengan metode latihan *Alternatel Leg Stair Bound* tidak ada perbedaan dengan metode latihan *Depth Jump* (2) Terdapat interaksi antara metode latihan dengan kecerdasan emosional terhadap keterampilan tendangan sabit. (3) Pada kecerdasan emosional kategori tinggi, keterampilan tendangan sabit yang dilatih dengan metode *Alternate Leg Stair bound* lebih tinggi dari pada yang dilatih dengan metode latihan *Depth Jump* (4) Pada kecerdasan emosional kategori rendah, keterampilan tendangan sabit yang dilatih dengan metode *Depth Jump* lebih besar dari pada yang dilatih dengan metode latihan *Alternate Leg Stair Bound* Berdasarkan temuan ini dapat disimpulkan bahwa (1) Metode latihan *Alternate Leg Stair Bound* lebih efektif digunakan untuk meningkatkan keterampilan tendangan sabit, (2) Metode latihan dan kecerdasan emosional secara bersama-sama memberikan pengaruh terhadap keterampilan tendangan sabit.