

ABSTRAK

Alif Bangkit Nursalim. 2204102006. 2026. Perbedaan Pengaruh Latihan *Shooting* Jarak Tetap dan Jarak Bertahap Terhadap Akurasi *Shooting* 9 Meter pada Atlet Petanque Kota Madiun. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing (I) Drs. Lukas Susanto, M.Kes., (II) Ghon Lisdiantoro, S.Pd., M.Or.

Keterampilan *shooting* merupakan komponen yang sangat penting dalam olahraga presisi seperti *petanque* karena menentukan efektivitas permainan. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh antara latihan *shooting* jarak tetap (9 meter) dan jarak bertahap (6, 7, 8, 9 meter) terhadap peningkatan akurasi *shooting* 9 meter pada atlet *petanque* Kota Madiun, serta untuk mengetahui metode latihan mana yang lebih efektif.

Penelitian ini menggunakan metode eksperimen semu (*quasi experiment*) dengan rancangan *Two-Group Pretest-Posttest Comparison Design*. Sampel penelitian berjumlah 30 atlet *petanque* berusia 13–18 tahun yang ditarik menggunakan teknik *purposive sampling*. Sampel dibagi menjadi dua kelompok, yaitu 15 atlet pada kelompok latihan jarak tetap dan 15 atlet pada kelompok latihan jarak bertahap. Intervensi latihan diberikan selama 6 minggu dengan frekuensi 3 kali per minggu. Pengumpulan data dilakukan melalui Tes Akurasi *Shooting* 9 Meter saat *pretest* dan *posttest*. Data yang terkumpul kemudian dianalisis untuk pengujian hipotesis menggunakan *Paired Sample t-Test* dengan bantuan perangkat lunak SPSS.

Hasil penelitian menunjukkan bahwa kedua metode latihan memberikan pengaruh yang signifikan terhadap peningkatan akurasi *shooting* ($p = 0,000 < 0,05$). Pada kelompok jarak tetap, rata-rata peningkatan (*mean difference*) sebesar 11,400 dengan persentase peningkatan berkisar antara 8%–22%. Sementara itu, pada kelompok jarak bertahap, rata-rata peningkatannya jauh lebih besar yakni 26,600 dengan persentase peningkatan mencapai 36%–48%. Hasil pengujian menunjukkan nilai signifikansi perbedaan sebesar 0,000 ($p < 0,05$). Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat perbedaan pengaruh yang signifikan antara kedua metode tersebut, di mana latihan *shooting* jarak bertahap terbukti lebih efektif dan memberikan peningkatan yang jauh lebih besar dibandingkan latihan jarak tetap terhadap akurasi *shooting* 9 meter atlet *petanque* Kota Madiun.

Kata Kunci: Akurasi *Shooting*, Latihan Jarak Tetap, Latihan Jarak Bertahap, *Petanque*, Pembelajaran Motorik.

ABSTRACT

Alif Bangkit Nursalim. 2204102006. 2026. *The Difference in the Effect of Fixed Distance and Progressive Distance Shooting Training on 9-Meter Shooting Accuracy in Petanque Athletes of Madiun City*. Thesis. Sports Science Study Program, Faculty of Health and Sciences, Universitas PGRI Madiun. Advisors: (I) Drs. Lukas Susanto, M.Kes., (II) Ghon Lisdiantoro, S.Pd., M.Or.

Shooting skill is a highly crucial component in precision sports such as petanque because it determines the effectiveness of the game. This study aims to determine the difference in the effect between fixed distance (9 meters) and progressive distance (6, 7, 8, 9 meters) shooting training on improving the 9-meter shooting accuracy among petanque athletes in Madiun City, as well as to identify which training method is more effective.

This study employed a quasi-experimental method utilizing a Two-Group Pretest-Posttest Comparison Design. The sample consisted of 30 petanque athletes aged 13–18 years, selected through a purposive sampling technique. The sample was divided into two groups: 15 athletes in the fixed distance training group and 15 athletes in the progressive distance training group. The training intervention was administered for 6 weeks with a frequency of 3 times per week. Data collection was conducted through a 9-Meter Shooting Accuracy Test during the pretest and posttest. The collected data were then analyzed for hypothesis testing using the Paired Sample t-Test with the assistance of SPSS software.

The results indicated that both training methods had a significant effect on improving shooting accuracy ($p = 0.000 < 0.05$). In the fixed distance group, the mean difference was 11.400 with a percentage increase ranging from 8% to 22%. Meanwhile, in the progressive distance group, the average improvement was much larger, with a mean difference of 26.600 and a percentage increase reaching 36% to 48%. The test results showed a significance value of difference of 0.000 ($p < 0.05$). Based on these results, it can be concluded that there is a significant difference in the effect between the two methods, where progressive distance shooting training is proven to be more effective and provides a much greater improvement compared to fixed distance training on the 9-meter shooting accuracy of Madiun City petanque athletes.

Keywords: *Shooting Accuracy, Fixed Distance Training, Progressive Distance Training, Petanque, Motor Learning.*