

ABSTRAK

Taufik Eka Permana. 2026. Pengaruh Latihan *Circuit Training Ladder Drill* Terhadap Peningkatan Kelincahan Atlet Bulutangkis Pb Ghontaro Akademi Madiun Usia 10-14 Tahun : *Kuantitatif.Skripsi*. Program Studi Ilmu Keolahragaan. FIKS. Universitas PGRI Madiun. Pembimbing (I) Drs.Lukas Susanto, M.Kes,Pembimbing (II)_Dr. Ardiansyah Arief Budi Utomo, S.Pd., M.Pd.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *Circuit Training Ladder Drill* terhadap peningkatan kelincahan atlet bulutangkis PB Ghontaro Akademi Madiun usia 10–14 tahun. Penelitian ini menggunakan metode eksperimen dengan desain *Pretest–Posttest Control Group Design*. Sampel penelitian berjumlah 20 atlet yang dibagi menjadi dua kelompok, yaitu 10 atlet kelompok eksperimen dan 10 atlet kelompok kontrol. Instrumen penelitian menggunakan Illinois Agility Test untuk mengukur tingkat kelincahan atlet. Kelompok eksperimen diberikan perlakuan berupa latihan *Circuit Training Ladder Drill*, sedangkan kelompok kontrol menjalani latihan rutin. Analisis data meliputi statistik deskriptif, uji normalitas, uji homogenitas, Paired Samples t-test, dan Independent Samples t-test dengan bantuan program SPSS. Hasil penelitian menunjukkan bahwa data berdistribusi normal dan homogen. Hasil Paired Samples t-test menunjukkan adanya perbedaan yang signifikan antara nilai pretest dan posttest pada kelompok eksperimen maupun kelompok kontrol ($\text{Sig.} < 0,05$). Selanjutnya, hasil Independent Samples t-test terhadap gain score menunjukkan nilai $\text{Sig. (2-tailed)} = 0,000 (< 0,05)$ sehingga H_0 ditolak dan H_1 diterima. Rata-rata gain score kelompok eksperimen sebesar 1,3490 detik, sedangkan kelompok kontrol sebesar 0,2470 detik, yang menunjukkan peningkatan kelincahan kelompok eksperimen lebih besar dibandingkan kelompok kontrol. Berdasarkan hasil penelitian dapat disimpulkan bahwa latihan *Circuit Training Ladder Drill* berpengaruh signifikan terhadap peningkatan kelincahan atlet bulutangkis PB Ghontaro Akademi Madiun usia 10–14 tahun. Latihan ini dapat dijadikan sebagai salah satu alternatif program latihan fisik untuk meningkatkan kemampuan

kelincahan atlet.

Kata kunci: *Circuit Training Ladder Drill*, kelincahan, bulutangkis, *Illinois Agility Test*, latihan.

ABSTRACT

Taufik Eka Permana. 2026. The Influence of Ladder Drill Training Circuit Training on Increasing the Agility of Badminton Athletes at Pb Ghontaro Madiun Akademi Ages 10-14 Years: Quantitative.Scription. Sports Science Study Program. FIX. PGRI Madiun University. Supervisor (I) Drs. Lukas Susanto, M.Kes, Supervisor (II) Dr. Ardiansyah Arief Budi Utomo, S.Pd., M.Pd.

This research aims to determine the influence of Ladder Drill circuit training on increasing the agility of PB Ghontaro Akademi Madiun badminton athletes aged 10–14 years. This research uses an experimental method with the Pretest–Posttest Control Group Design design. The research sample consisted of 20 athletes divided into two groups, namely 10 experimental group athletes and 10 control group athletes. The research instrument used the Illinois Agility Test to measure athletes' agility levels. The experimental group was given treatment in the form of stair drill circuit training, while the control group underwent routine training. Data analysis includes descriptive statistics, normality tests, homogeneity tests, Paired Samples t-test, and Independent Samples t-test with the help of the SPSS program. The results showed that the data were normally distributed and homogeneous. The results of the Paired Samples t-test showed significant differences between pretest and posttest values in the experimental group and control group (Sig. < 0.05). Next, the Independent Samples t-test results on the gain score show the Sig value. (2-tailed) = 0.000 (< 0.05) so H_0 is rejected and H_1 is accepted. The average gain score of the experimental group was 1.3490 seconds, while the control group was 0.2470 seconds, which showed a greater increase in the agility of the experimental group compared to the control group. Based on the research results, it can be concluded that Ladder Drill Circuit training has a significant effect on increasing the agility of PB Ghontaro Akademi Madiun badminton athletes aged 10–14 years. This exercise can be used as an alternative physical exercise program to increase athletes' agility abilities.

Keywords: Circuit Training Ladder Drill, agility, badminton, Illinois Agility Test, exercise.