

UNIVERSITI TEKNOLOGI MARA

**COMPARISON BETWEEN SQUAT
JUMP AND COUNTERMOVEMENT
JUMP TOWARDS JUMPING
PERFORMANCE AMONG
VOLLEYBALL PLAYERS**

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Thesis submitted in fulfilment
of the requirement for the degree of
Bachelor of Sports Science (Hons.)

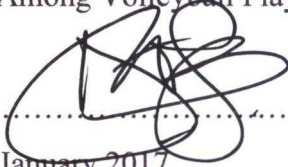
Faculty of Sports Science and Recreation

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AUTHOR'S DECLARATION

I declare that the work in this research project was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledge as referenced work. This research project has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that have been supplied with the Academic Rules and Regulations for Post Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The purpose of the present study was to compare between squat jump and countermovement jump towards jumping performance among volleyball players. Twenty nine male players from Sekolah Dato' Abdul Razak, Negeri Sembilan were recruited which were volleyball players (N=29) ranging between 13 to 17 years old. The calculated t value in case of male volleyball was found to be statistically significant as the value obtained was -3.9. It was found that there is significant difference in the means scores for squat jump (M=43.62, SD=2.757) and countermovement jump (M=46.10, SD=2.110) conditions; ($t=-.385, p=0.000$). This can be concluded that there is significant difference between squat jump and countermovement jump among volleyball players. Hereby, this study can be concluded that between squat jump and countermovement jump have no similarities towards jumping performance.

Keywords: *Squat Jump; Countermovement Jump; Jumping Performance*

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