

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF POWER TRAINING AND
STRENGTH TRAINING ON STANDING BROAD
JUMP TEST TOWARDS SMK JENGA 12
VOLLEYBALL PLAYERS**

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ABSTRACT

Power training and strength training have been the crucial parts improving performance of the players in a lot of variety of sports. The main purpose of this study was to identify the effect of power training and strength training in standing broad jump test. The intervention randomized control trials design has been used in this study which involved pre and post-test with 6 weeks of treatment intervention. Subjects were 20 of volleyball players from SMK Jengka 12. Subjects were divided into two groups which are power training and strength training. Pre and post-test with treatment intervention design was implemented in this study. The set of data was recorded for power training and strength training. It was found that power training improved between pre-test [M=194.60 (SD=19.65)] and post-test [M=238.80 (16.82)]. Meanwhile, strength training also improved between pre-test [M=214.70 (SD=30.60)] and post-test [M=241.10 (SD=26.79)]. This study also found that there are correlation between power training and strength training which are pre-test (-0.751 p-value <0.05(significant)) and post-test (-0.300 p-value <0.05(significant)). Furthermore, by using Pair Sample T-Test, differences between power training and strength training in standing broad jump test scored are M=-26.40 (SD=6.96) on power training compare to M=-44.20 (SD=19.07) for strength training. Therefore, there is significance difference of power training on standing broad jump test and also there is significance difference of strength training on standing broad jump test. Because of that, this studied show that power training and strength training are suitable for enhance of jumping performance.

Keywords: *Strength Training, Power Training, Volleyball, Performance, Standing Broad Jump Test*