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The effect of agility ladder training on the agility of Yogyakarta DanceSport athletes

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Abstract

This research focuses on improving the agility of dancesport athletes in Yogyakarta. This research is a quantitative method experimental research, which is measured using a pre-test then divided into two groups, namely control and experiment. After being given treatment to the experimental group for 6 weeks or 14 meetings, then the final score was taken in both groups to do the post-test. The sample of this study consisted of 24 Dancesport athletes. The sample collection technique uses purposive sampling, the data analysis technique uses SPSS One group pre-test - post-test design. The total number of athletes with a maximum age of 30 years. The test instrument uses a shuttle run to test the agility of dancesport athletes. The results show that the results of the test statistics post-test significance value of 0.002 is smaller than <0.05 . It can be concluded that the Agility ladder exercise on the agility of Yogyakarta Dancesport athletes has a significant impact.

Keywords: Agility ladder, agility, dancesport

Introduction

Ideally what is needed by an athlete and sports is a good physique and the priority is on agility which is very necessary to support the activities of an athlete and sports in achieving achievements. Agility is needed in every sporting activity, every athlete must have an agility component to improve their physical abilities in training. The agility possessed by dancesport athletes will produce beautiful and harmonious movements in performance both in training and performance in competitions. Apart from that, dancesport also has good benefits for heart health, improving brain ability, nourishing mentally, being able to lose weight and being able to reduce excessive stress.

Dancesport is a paired dance sport that is competed in a hall known as competitive ballroom dancing. Dancesport is an activity that combines dance and sports that can improve physical and mental quality, build social relationships, and get results from competition at all levels. Dancesport is basically an activity that is usually done to establish relationships with other people through movement. Dancesport can be included in sports because there is a physical fitness component and in mastering the technique requires strong physical biomotor to achieve perfection of movement. Menurut (Fink *et al.*, 2021) Dancesport is a special activity that combines art and sports in a complex way combining artistic movements in full synchronization with melodic lines and competitive characters to improve physical and mental abilities.

Based on observations and surveys of researchers on the dancesport activist community, especially in Yogyakarta, revealed that the physical condition focused on agility is very low, due to the lack of attention and understanding of dancesport athletes in doing physical exercise. Usually athletes only go directly to the core point, namely doing dancesport with the rhythm of music without good physical training preparation. Therefore the appearance of athletes and dancesport is less than optimal and still becomes less flexible in moving due to not paying attention to the movement on agility. Based on this, this research focuses on increasing the agility of dancesport athletes in Yogyakarta.

Research Ethos

This research is a quantitative method experimental research, which is measured by using a pre-test to the group then divided into two groups, namely control and experiment. After being given treatment to the experimental group for 6 weeks, the final scores were taken in both groups to conduct a post-test.

Research Subjects

The sample of this study consisted of 24 dancesport athletes. Which comes from all clubs in Yogyakarta. The experimental population technique uses purposive sampling, overall athletes who are a maximum of 30 years old. The test instrument uses a shuttle run to test the agility of dancesport athletes before and after training.

Data Analysis

Data analysis of this experimental research uses one group pre-test - post-test design. Statistical data analysis using SPSS, this is very appropriate for analyzing data consisting of only one group which is carried out twice on the sample, namely before treatment and after treatment.

Hepatitis Test Procedure

The number of samples in this study were 24 dancesport athletes in Yogyakarta. Before testing the results of the overall exercise athletes do an initial test first to find out the comparison of the results that will be obtained after the training is completed. The type of exercise to improve athlete

agility is the agility ladder. After taking initial data on athletes, they were then divided into two groups between control and experiment. Each group is divided into 12 people. After group division, the next step is to give treatment to the experimental group with 14 meetings. The agility ladder exercise consists of 5 movement components, namely: 1) Two foot run, 2) Lateral run, 3) Lateral in out, 4) Ladder taps, and 5) Quick hopscotch. After the treatment was carried out in the experimental group, the post-test value was taken to get the final results on all research samples.

Results and Discussion

After getting the pretest and post-test scores, the next step is to analyze the data with SPSS, with the following results:

Table 1: Comparison of Pre-test and Post-test Agility Scores

		Paired Samples Statistics			
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-test Agility	26.83	12	1.528	.441
	Post-test Agility	30.92	12	1.832	.529

Based on the results of descriptive analysis, the average value of the athlete's pre-test = 26.83 and at the post-test value = 30.92. This means that there is an increase in the Agility value of athletes after getting the Agility ladder training treatment. Thus, it can be concluded that the provision of Agility ladder training has a significant effect on increasing the agility value of Yogyakarta Dancesport athletes.

Table 2: Paired Samples Test for Pre-test and Post-test Agility Scores

		Paired Samples Test							
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre-test Agility - Post-test Agility	-4.083	1.165	.336	-4.823	-3.343	-12.147	11	.000

Based on the output table of the t test results, the sig value = 0.000 is obtained, which means it is smaller than <0.05. Thus, Ho is rejected and Ha is accepted.

Ho = There is no difference in the Agility value of athletes before and after being given Agility ladder training. Declared rejected.

H1 = There is a difference in the Agility value of athletes before and after being given Agility ladder training. Stated accepted.

Table 3: Wilcoxon Signed Ranks Test for Pre-test and Post-test Agility Scores

Test Statistics ^a	
Z	Post-test Agility - Pre-test Agility -3.104 ^b
Asymp. Sig. (2-tailed)	.002
a. Wilcoxon Signed Ranks Test	
b. Based on negative ranks.	

Based on the results of test statistics, the significance value of the post-test 0.002 is smaller than <0.05. It can be concluded that Agility ladder training on the agility of Yogyakarta dancesport athletes has a significant impact.

Conclusion

Based on the results of the values obtained from the Agility ladder training for 14 meetings, the results of a significant value on the agility results of Dancesport athletes are 0.000

smaller than <0.05, it can be concluded that the training given shows an increase in agility results for Yogyakarta Dancesport athletes.

Agility is one of the important factors to support physical skills, especially in sports, especially in Dancesport sports. Agility ladder training is an exercise that aims to improve the ability to change the direction of body movement quickly and precisely without losing balance. Agility is a combination of various body abilities, such as speed, strength, balance, and flexibility.

This research has proven that the Agility ladder training given by athletes really shows good results in increasing the agility of Yogyakarta Dancesport athletes. Hopefully the results of this study can be useful either used as a training guide or during match preparation in increasing the agility of athletes, especially the Dancesport sport.

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