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Abstract. All articles *must* contain an abstract. The abstract text should be formatted using 10 point Times or Times New Roman and indented 25 mm from the left margin. Leave 10 mm space after the abstract before you begin the main text of your article, starting on the same page as the abstract. The abstract should give readers concise information about the content of the article and indicate the main results obtained and conclusions drawn. The abstract is not part of the text and should be complete in itself; no table numbers, figure numbers, references or displayed mathematical expressions should be included. It should be suitable for direct inclusion in abstracting services and should not normally exceed 200 words in a single paragraph. Since contemporary information-retrieval systems rely heavily on the content of titles and abstracts to identify relevant articles in literature searches, great care should be taken in constructing both.

Comparison of the Effect of Lateral Pulldowns and Shoulder Press Exercises Against Upper Strength Muscles, Wrist Flexibility And Achievements Shooting Basketball

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ABSTRACT

The objectives of this study are: To obtain information on the comparison and influence of Lateral Pulldowns and Shoulder Press training on upper extremity muscle strength, Flexibility of Wrist and Achievement of Shooting Basketball. This research was conducted on Students who attended the Student Activity Unit of the State University of Gorontalo as many as 30 people try (Testtee).

The type of research used is quantitative with quasi experiment method (Quasi Experiment). The design of this study using Randomized Control Group Pretest-Posttest Design, and data analysis using one-way Anova. The data retrieval process is done by Back Dynamometry test for upper extremity muscle strength, Goniometry test for Wrist Flexibility and Shooting Basketball test on Shooting Basketball Achievement, this is done during pretest and posttest.

Research Result: 1). Based on the analysis of the effect of Lateral Pulldowns exercise through Paired Sample Test, it shows the significance level of each variable <0.05 , thus: there is a significant influence or difference

between pre test and post test data of each dependent variable Upper Strength Muscle Extreme (.000 <0.005), Wrist Flexibility (0.005) and Shooting Basketball (0.005). 2). Based on the analysis of the effect of Shoulder Press practice through Paired Sample Test, it shows the significance level of each variable <0.05, thus: there is a significant influence or the difference between pre test and post test data of each dependent variable Upper Strength of Muscle Extremeity (.000 <0.005), Wrist Flexibility (0.005) and Shooting Basketball (0.005). 3). Based on the analysis of the differences from the effects of the Lateral Pulldowns and Shoulder Press exercises through the Anova test, it shows that the significant value of the Post Test is different between Groups (Between Groups) is Sig. 0.000 which means the value of sig. <0.05. So there are differences in increased Upper Strength Muscle Extremeity, Wrist Flexibility and Shooting Basketball.

Conclusion: Based on Post Hoc Multiple Comparisons Test using Least Significant Difference (LSD) analysis, it is aimed to know which independent variables give significant influence to the increase of dependent variable. From the analysis it is found that: Lateral Pulldowns exercise is more effective for improving Flexibility of Wrist and Shooting Basketball than Shoulder Press and control exercises. While Shoulder Press exercises are more effective to increase upper extremity muscle strength than Lateral Pulldowns and control exercises.