

ABSTRAK

Latar Belakang:

Latar Belakang: Kekuatan otot tungkai berperan penting dalam menunjang performa sepak bola usia muda dan dapat dinilai melalui tes vertical jump. Data profil kekuatan otot tungkai siswa Sekolah Sepak Bola (SSB) di Kabupaten Sleman masih terbatas.

Tujuan: Mendeskripsikan hasil tes *vertical jump* siswa SSB di Sleman, Yogyakarta, beserta distribusinya menurut usia, tinggi badan, dan status gizi (IMT/U).

Metode: Penelitian deskriptif kuantitatif dengan desain potong lintang dilakukan pada siswa dari empat SSB (AMTRI, BPJ, AMS, dan TMS). Dari 105 siswa, 15 siswa memiliki data lengkap dan dianalisis secara univariat dengan tabulasi silang.

Hasil: Seluruh subjek ($n=15$) berusia 10–12 tahun. Sebagian besar (8 orang; 53,3%) berada pada kategori lompatan Baik Sekali, yang ditemukan pada seluruh kelompok usia, status gizi, dan tinggi badan tanpa perbedaan yang jelas antar kelompok.

Kesimpulan: Pada sampel penelitian ini ($n=15$), sebagian besar siswa SSB usia 10–12 tahun memiliki kemampuan vertical jump kategori Baik Sekali. Secara deskriptif, tidak tampak pola perbedaan yang jelas berdasarkan usia, tinggi badan, maupun status gizi pada sampel yang diteliti. Mengingat keterbatasan jumlah sampel dan desain deskriptif, temuan ini tidak dapat digeneralisasikan secara luas.

Kata Kunci: kekuatan otot tungkai, *vertical jump*, status gizi, tinggi badan, siswa SSB.

ABSTRACT

Background:

Background: Lower limb muscle strength plays an important role in supporting youth soccer performance and can be assessed using the vertical jump test. Data on the lower limb muscle strength profile of Soccer School (SSB) students in Sleman Regency remain limited.

Objective: To describe the vertical jump test results of SSB students in Sleman, Yogyakarta, along with their distribution according to age, body height, and nutritional status (BMI-for-age).

Methods: A descriptive quantitative study with a cross-sectional design was conducted among students from four Soccer Schools (AMTRI, BPJ, AMS, and TMS). Of 105 students, 15 had complete data and were analyzed univariately using cross-tabulation.

Results: All subjects (n=15) were aged 10–12 years. Most students (8 of 15; 53.3%) were classified in the very good jumping category, found across all age, nutritional status, and height groups without clear differences between groups.

Conclusion: In this sample (n=15), most SSB students aged 10–12 years were classified in the very good vertical jump category. Descriptively, no clear difference in jumping ability was observed across age, body height, or nutritional status groups within this sample. Given the small sample size and descriptive design, these findings cannot be generalized to the broader SSB student population.

Keywords: lower limb muscle strength, vertical jump, nutritional status, body height, soccer school students.