

BAB V

SIMPULAN, IMPLIKASI DAN REKOMENDASI

5.1. Simpulan

Berdasarkan hasil analisis penelitian yang telah dilakukan, maka diambil simpulan sebagai berikut:

- 1) Pemberian Madu Kuantan Singingi-Riau pada Latihan Tahap Persiapan Khusus (TPK) meningkatkan Fungsi Kognitif Atlet Bola Voli PPLP Provinsi Riau.
- 2) Pemberian Madu Kuantan Singingi-Riau pada Latihan Tahap Persiapan Khusus (TPK) menurunkan kadar Asam Laktat Atlet Bola Voli PPLP Provinsi Riau.
- 3) Pemberian Madu Kuantan Singingi-Riau pada Latihan Tahap Persiapan Khusus (TPK) meningkatkan Kemampuan Komponen Fisik (*VO2Max, Kecepatan, Kelincahan, Kelentukan, Daya Ledak Otot Lengan, Daya Ledak Otot Tungkai, Kekuatan Otot Punggung, Kekuatan Otot Lengan, Kekuatan Otot Tungkai Dan Daya Tahan Otot Tungkai*) Atlet Bola Voli PPLP Provinsi Riau.
- 4) Pemberian Madu Kuantan Singingi-Riau lebih baik dalam meningkatkan Fungsi Kognitif, menurunkan kadar Asam Laktat dan meningkatkan Komponen Fisik pada Atlet Bola Voli PPLP Provinsi Riau dibandingkan dengan atlet Bola Voli PPLP Provinsi Riau yang tidak diberi Madu Kuantan Singingi-Riau.

5.2.Implikasi

Temuan pada penelitian ini, memberikan implikasi pada berbagai faktor sebagai berikut:

- 5.2.1. Hasil penelitian ini menunjukkan bahwa kombinasi Pemberian Madu Kuantan Singingi-Riau pada Latihan Tahap Persiapan Khusus (TPK) lebih baik dibandingkan dengan hanya Latihan Tahap Persiapan Khusus (TPK) untuk meningkatkan Fungsi Kognitif atlet Bola Voli. Fungsi Kognitif atlet Bola Voli yang optimal menyebabkan kecepatan berfikir, kecepatan reaksi, ketepatan pengambilan keputusan pada saat pertandingan.

Kemampuan Fungsi Kognitif ini sangat diperlukan atlet Bola Voli agar dapat mencapai prestasi puncak.

- 5.2.2. Kombinasi Pemberian Madu Kuantan Singingi-Riau dengan Latihan Tahap Persiapan Khusus (TPK) lebih baik dibandingkan dengan hanya Latihan Tahap Persiapan Khusus (TPK) untuk menurunkan kadar *Lactic Acid* atlet Bola Voli. Penurunan kadar Asam Laktat berperan penting dalam optimalisasi Fungsi Kognitif dan Kondisi Fisik atlet.
- 5.2.3. Hasil penelitian ini menunjukkan bahwa kombinasi Pemberian Madu Kuantan Singingi-Riau dengan Latihan Tahap Persiapan Khusus (TPK) lebih baik dibandingkan dengan hanya Latihan Tahap Persiapan Khusus (TPK) untuk meningkatkan Kondisi Fisik atlet Bola Voli. Kondisi Fisik atlet Bola Voli yang optimal sangat diperlukan agar dapat mencapai prestasi puncak.

5.3. Rekomendasi

Berdasarkan hasil dan simpulan penelitian, maka disarankan beberapa hal sebagai berikut:

- 1) Para Peneliti di bidang keolahragaan diharapkan melakukan penelitian lanjutan dengan mengaplikasikan Ilmu *Sport Science* dalam penyusunan Program Periodisasi Latihan agar dapat meningkatkan Fungsi Kognitif, menurunkan kadar Asam Laktat dan meningkatkan kemampuan Komponen Fisik Dasar yang spesifik dari berbagai cabang olahraga lainnya dalam upaya meningkatkan prestasi atlet.
- 2) Para Peneliti di bidang keolahragaan diharapkan melakukan penelitian lanjutan dengan memberikan madu Kuantan Singingi-Riau yang diberikan kepada Atlet sehingga bermanfaat untuk meningkatkan prestasi pada berbagai cabang olahraga lainnya.
- 3) Para Pembina Olahraga, Pelatih dan Atlet agar memahami pentingnya penerapan *Sport Science* dalam menentukan takaran latihan pada Program Periodisasi Pelatihan dan pemberian asupan gizi yang tepat antara lain Madu Kuantan Singingi-Riau untuk meningkatkan kondisi fisik dalam mencapai prestasi puncak Atlet.

- 4) Di Indonesia jenis madu sangat banyak ragamnya. Sebaiknya dicobakan berbagai jenis madu yang lain untuk dilihat pengaruhnya pada Latihan Tahap Persiapan Khusus (TPK) terhadap Fungsi Kognitif, Asam Laktat dan komponen fisik atlet bola voli yang tidak terbatas pada atlet PPLP Provinsi Riau.

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