PENGARUH *HIGH INTENSITY INTERVAL TRAINING* TERHADAP PENINGKATAN *VO2MAX* ATLET BOLA BASKET

TESIS

Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Magister Pendidikan Olahraga

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The Effect of High Intensity Interval Training on Increasing VO2Max in Basketball Athletes

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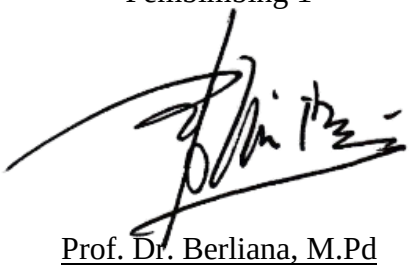	
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ABSTRAK

PENGARUH *HIGH INTENSITY INTERVAL TRAINING* TERHADAP PENINGKATAN *VO2MAX* ATLET BOLA BASKET

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Tujuan dari penelitian ini adalah untuk mengetahui adanya perbedaan peningkatan VO2Max dengan metode latihan High Intensity Interval Training (HIIT) antara atlet bola basket laki-laki dan perempuan. Penelitian ini menggunakan metode eksperimen dan desain yang digunakan adalah The One-Group Pretest-Posttest Designpartisipan dalam penelitian ini berjumlah 14 atlet laki - laki dan perempuan Selesksi PORPROV 2022 Kabupaten Cianjur. Salah satu teknik pengambilan sampel (sampling) adalah total sampling.Instrument penelitian yang digunakan adalah dengan bleep test dengan Panjang lintasan 20 meter. Teknik analisis data menggunakan uji-t dan uji beda uji-f dengan taraf signifikansi 5%.Setelah melakukan latihan dan posttest maka diperoleh hasil untuk kelompok laki-laki ada peningkatan rata-rata sebesar 3,229 dan peningkatan rata – rata untuk kelompok perempuan sebesar 2,843.maka dari itu metode latihan High Intensity Interval Training berpengaruh terhadap peningkatan VO2max untuk atlet bola basket kelompok laki-laki dan kelompok perempuan. Implikasi penelitian ini adalah VO2max dapat ditingkatkan dengan metode latihan High Intensity Interval Training.

Kata Kunci : VO2Max, *High Intenstity Interval Training*, Bola Basket.

ABSTRACT

THE EFFECT OF HIGH INTESITY INTERVAL TRAINING ON VO2MAX IMPROVEMENT OF BASKETBALL ATHLETES.

Chandra Dwi Ardiansyah

The purpose of this study was to determine the difference in the increase in VO2Max with the High Intensity Interval Training (HIIT) training method between male and female basketball athletes. This study uses experimental methods and the design used is The One-Group Pretest-Posttest Design. The participants in this study amounted to 14 male and female athletes in the 2022 PORPROV Selection in Cianjur Regency. One of the sampling techniques (sampling) is total sampling. The research instrument used is the bleep test with a track length of 20 meters. The data analysis technique used t-test and f-test difference test with a significance level of 5%. After doing the exercises and posttest, the results for the male group were an average increase of 3.229 and an average increase for the female group was 2.843. Therefore, the High Intensity Interval Training method has an effect on increasing VO2max for basketball athletes in the male and female groups. The implication of this research is that VO2max can be increased by using the High Intensity Interval Training method.

Keywords : *VO2Max, High Intenstity Interval Training, Basketball*

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