

## ABSTRAK

### PERBANDINGAN KECEPATAN MAKSIMAL DAN KECEPATAN DI METER 80 – 100 PADA LARI 100 METER ANTARA SPRINTER PPLP JABAR DENGAN PPLM JABAR

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Kecepatan lari para sprinter di negara maju telah dianalisis disetiap meter dengan alat sensor otomatis pada jarak 10 meter, sehingga terlihat kecepatan maksimal, dan penurunan atau peningkatan kecepatan di meter 80 – 100. Peneliti tertarik membandingkan dan menganalisis kecepatan maksimal dan kecepatan di meter 80 – 100 antara sprinter PPLP Jabar dengan PPLM Jabar menggunakan alat yang baru dikembangkan di UPI. Tujuannya mengetahui perbedaan Kecepatan maksimal dan kecepatan di meter 80 – 100 antara sprinter PPLP Jabar dengan PPLM Jabar sebagai informasi ilmiah dan bahan evaluasi bagi pelatihan khususnya di Jabar umumnya di Indonesia. Metode penelitian yang digunakan yaitu deskriptif kuantitatif dengan teknik komparatif. Sampel yang digunakan sebanyak 8 orang dari sprinter PPLP Jabar 4 orang dan sprinter PPLM Jabar 4 orang yang diambil menggunakan metode *purposive sampling*. Instrumen yang digunakan ialah Tes Lari *sprint* 100 meter dan alat *Redi Speed*. Hasil penelitian menunjukkan nilai rata-rata antara sprinter PPLP Jabar dan sprinter PPLM Jabar: kecepatan maksimal ( $14,46 \pm 8,41$  m/s) dan ( $18,60 \pm 15,38$  m/s) dan kecepatan di 80 – 100 meter ( $8,50 \pm 7,66$  m/s) dan ( $7,66 \pm 0,90$  m/s). Nilai dari uji perbedaan *mann whitney* kecepatan maksimal, nilai sig. 2-tailed adalah  $0,468 > 0,025$  dan kecepatan di meter 80 – 100 meter, nilai sig. 2-tailed adalah  $0,386 > 0,025$  maka, tidak berbeda signifikan antara keduanya.

**Kata kunci :** *perbedaan, kecepatan maksimal, kecepatan di meter 80 – 100 meter*

## ABSTRACT

### THE COMPARISON OF MAXIMUM SPEED AND SPEED IN 80 – 100 METER BETWEEN SPRINTER OF PPLP AND PPLM JABAR ON 100-METER SPRINT

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In the developed countries, the sprinting speed per meter has been already measured by an automatic sensor over 10 meter distance. This automatic sensor can identify the maximum speed along with the decrease and increase of speed over 80 – 100 meter distance. Therefore, the researcher is interested in investigating the difference of speed—the maximum speed and the speed in 80 – 100 meter between the sprinter of PPLP Jabar and PPLM Jabar using a tool developed by UPI. The aims of the research is to reveal the difference of both maximum speed and speed in 80 – 100 meter between the sprinter of PPLP and PPLM Jabar which can be very beneficial for scientific information and enriching material for training, generally in Indonesia and especially in West Java. Descriptive qualitative with comparative technique is used as the methodology of this research. There are 8 participants 4 from PPLP Jabar and 4 from PPLM Jabar as the sample of the research that is gathered by applying purposive sampling method. In addition, this research uses instruments such as, 100 meter *sprint* running test and a *Redi Speed* tool. As a result, the average score among the sprinters of PPLP and PPLM Jabar are: the maximum speed are  $(14.46 \pm 8.41 \text{ m/s})$  and  $(18.60 \pm 15.38 \text{ m/s})$ , while the speed in 80 – 100 meter are  $(8.50 \pm 7.66 \text{ m/s})$  and  $(7.66 \pm 0.90 \text{ m/s})$ . The score of the maximum speed of *mann whitney* test, 2-tailed sig. score, is  $0.468 > 0.025$  and the score of the speed in 80 – 100 meter, 2-tailed sig. score, is  $0.386 > 0.025$ . Based on the findings, it can be concluded that there is no significant difference of speed, both the maximum speed and the speed in 80 – 100 meter between sprinter of PPLP and PPLM Jabar.

**Key Words :** *the differences, maximum speed, speed in 80 – 100 meter*