ABSTRAK

PENGARUH RECOVERY AKTIF DENGAN PASIF TERHADAP PENURUNAN KADAR ASAM LAKTAT

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Recovery setelah perlombaan atau latihan sangatlah dibutuhkan bagi atlet untuk mengambalikan kondisi atlet kembali bugar, recovery aktif dan recovery pasif salah satu recovery yang mudah dan efektif untuk dilakukan setelah perlombaan atau latihan. Recovery aktif adalah apabila sesudah perlombaan atau latihan di lanjutkan dengan latihan dengan intensitas yang lebih ringan sehingga kadar asam laktat kembali ke batas normal, sedangkan recovery pasif dilakukan dengan cara menghentikan seluruh aktivitas sesudah latihan, pemulihan ini dapat memberikan pengaruh terhadap penurunan kadar asam laktat dalam darah yang terbentuk dari hasil metabolisme anaerob.Tujuan Penelitianini agar para pelatih mengetahui hasil dari pengaruh recovery aktif dan recovery pasif terhadap penurunan kadar asam laktat. Teknik pengambilan sampel dalam penelitian ini menggunakan *purposive sampling*. Instrumen yang digunakan adalah *Accutrend lactate*. Teknik pengolahan data dan analisis data yang digunakan adalah metode *one samplekolmogrov-smirnov test* dan uji *wilcoxon*.Kedua hasil penelitian menunjukkan bahwa terdapat perbedaan antara recovery aktif dengan recovery pasif terhadap penurunan kadar asam laktat, baik pada recovery 10 menit pertama maupun 10 menit kedua. Hasil penelitian dapat disimpulkan bahwa terdapat perbedaan lamanya perubahan kadar asam laktat dalam darah setelah tes ergometer 2000M dengan menggunakan recovery aktif dan recovery pasif. Hasil penelitian menunjukkan bahwa recovery aktif lebih signifikan dalam proses penurunan asam laktat.

Kata kunci: Asam laktat, recovery aktif, recovery pasif.

ABSTRACT

THE EFFECT OF ACTIVE AND PASSIVE RECOVERY TOWARD REDUCTION OF LACTIC ACID LEVELS

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Recovery after competition or excercise is needed to restore athletes' condition to be fresh, active recovery and active recovery are two of easy and effective recoveries to do after competition or exercise. Active recovery is when after the competition or excericise continuing with low intensity exercise so lactic acid levels returns to normal level, wereas passive recovery is done by stop all activities after exercise, this recovery give effect to reduce lactic acid levels within blood that formed by result of anaerobic metabolism. The purpose of the study was trainers have to know results by the effects of active recovery and passive recovery toward reduction of lactic acid levels. Sampling technique in the study was using purposive sampling. The instrument was used Accutrend lactate. The data process technique and data analysis were used *one samplekolmogrov-smirnov test method* and *wilcoxon experiment***.** Both of reseach results showed that there were diferrence between active recovery and passive recovery toward reduction of lactic acid levels, even in the first ten minutes recovery as well as in the second ten minutes. The result of research concluded that there was difference of alteration duration of lactic acid levels within blood after ergometer 2000M test by usingactive recovery and passive recovery. The result showed active recovery was more significance in reducing lactic acid process.

Key words: lactat acid, active recovery, passive recovery.