

PERBANDINGAN KEMAMPUAN *AEROBIC* DAN *ANAEROBIC* ANTARA  
ATLET KATA DAN KUMITE CABANG OLAHRAGA KARATE

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Sains  
Program Studi Ilmu Keolahragaan



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**Perbandingan Kemampuan Aerobic dan Anaerobic Antara Atlet  
Kata dan Kumite Cabang Olahraga Karate**

Oleh  
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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ANTARA ATLET KATA DAN KUMITE CABANG OLAHRAGA  
KARATE**

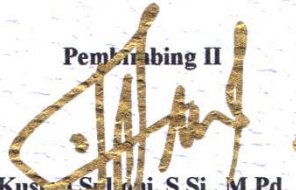
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**ABSTRAK**  
**PERBANDINGAN KEMAMPUAN AEROBIC DAN ANAEROBIC ANTARA**  
**ATLET KATA DAN KUMITE CABANG OLAHRAGA KARATE**

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Karate termasuk salah satu olahraga yang populer di dunia, terbagi kedalam dua kategori yaitu kata dan kumite. Kemampuan *aerobic* dan *anaerobic* merupakan kebutuhan fisik dasar yang perlu dimiliki oleh seorang atlet karate, peneliti ingin menunjukkan bahwa kemampuan *aerobic* dan *anaerobic* berbeda dalam masing – masing kategori kata maupun kumite. Dikarenakan karakteristik gerakan dalam kebutuhan pertandingan yang berbeda pada masing – masing kategori. Penelitian ini bertujuan untuk menguji perbedaan kemampuan *aerobic* dan *anaerobic* antara atlet kata dan kumite. Metode yang digunakan dalam penelitian ini yaitu studi komparatif dengan pendekatan kuantitatif dan menggunakan desain kausal komparatif. Sebanyak 20 atlet karate menjadi sampel dalam penelitian ini yang terdiri dari atlet kata dan kumite yang masing – masing kategorinya berjumlah 10 orang menggunakan pengambilan sampling yaitu teknik purposive sampling. Hasil penelitian dianalisis menggunakan *Independent Samples t- test* pada SPSS versi 22 menyatakan data kemampuan *aerobic* yaitu nilai Sig.  $0.253 > 0,05$  maka  $H_0$  diterima sehingga ditetapkan bahwa tidak terdapat perbedaan yang signifikan pada kemampuan *aerobic* antara atlet kata dan kumite. Sama halnya dengan hasil kemampuan *aerobic*, hasil data kemampuan *anaerobic* mempunyai nilai Sig.  $0.860 > 0,05$  maka  $H_0$  diterima sehingga diputuskan bahwa tidak terdapat perbedaan yang signifikan pada kemampuan *anaerobic* antara atlet kata dan kumite cabang olahraga karate.

Kata kunci : *aerobic*, *anaerobic*, kata, kumite

**ABSTRACT**  
**COMPARISON OF AEROBIC AND ANAEROBIC ABILITIES BETWEEN**  
***KATA* AND *KUMITE* ATHLETE IN KARATE**

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Karate is one of the popular sports in the world. It has two categories namely *kata* and *kumite*. The aerobic and anaerobic abilities are the basic physical that a karate athlete needed. The researcher tends to reveal that aerobic and anaerobic abilities differ in each category due to the different characteristics of movement for match requirements. Therefore, the present study aims to examine the differences in aerobic and anaerobic abilities between *kata* and *kumite* athlete. The present research employed comparative study with quantitative approach and used causal-comparative design involving 20 karate athletes with 10 people from each category as the participants which were selected by using purposive sampling. The data were analyzed by using Independent Samples t - test on SPSS 22. The results show that the aerobic ability data have values of Sig. 0.253 > 0.05, thus  $H_0$  is accepted. It indicates that there is no significant difference in aerobic ability between *kata* and *kumite* athlete. Similar to the results of aerobic ability, the results of anaerobic ability data have values of Sig. 0.860 > 0.05, it means that  $H_0$  is accepted. It signifies that there is no significant difference in anaerobic ability between *kata* and *kumite* athlete in karate.

Keywords : aerobic, anaerobic, *kata*, *kumite*

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