

**PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP
PENINGKATAN AKSI REAKSI**

SKRIPSI

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



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FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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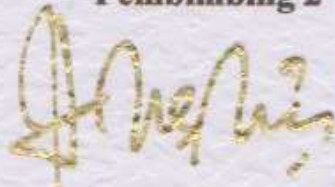
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ABSTRAK
**PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP
PENINGKATAN AKSI REAKSI**

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Salah satu metode latihan yang dapat meningkatkan komponen kondisi fisik secara singkat dan serempak yaitu *circuit training*. Tujuan penelitian ini yaitu untuk mengetahui pengaruh metode *circuit training aerobic* untuk meningkatkan kemampuan aksi reaksi. Alasan penelitian ini dilakukan yaitu karena kondisi permasalahan dilapangan yang terjadi di Indonesia yaitu sering terjadinya kejuaraan yang mendadak sehingga dapat mengganggu waktu program latihan atau periodisasi yang telah ditentukan sehingga dikhawatirkan atlet tidak tampil dalam performa terbaiknya. Penelitian ini termasuk metode eksperimental dengan bentuk desain peneltian *The Matching-Only Pretest-Posttest Control Group Design*, populasi dan sampel penelitian ini adalah Mahasiswa tingkat pertama Ilmu Keolahragaan yang dipilih berdasarkan kriteria yang ditentukan oleh peneliti. Penelitian ini, menggunakan *purposive sampling* dengan kriteria mahasiswa yang belum pernah melakukan latihan sirkuit sebelumnya dan pengukuran hasilnya dengan menggunakan intrumen *whole body reaction time test*. Data yang diperoleh pada pretest dan posttest diolah menggunakan *software IBM SPSS Versi 20*. Hasil dalam penelitian ini yaitu terdapat peningkatan yang signifikan pada aksi reaksi setelah diberikan metode *circuit training aerobic* terhadap kemampuan aksi reaksi dan peningkatan *circuit training aerobic* lebih signifikan dibanding dengan *circuit training* konvensional. latihan ini dapat menjadi salah satu solusi untuk menghadapi kejuaraan yang mendadak karena metode *circuit training aerobic* dapat dilakukan dengan waktu yang singkat.

Kata kunci : *circuit training aerobic*, aksi reaksi

ABSTRACT
THE EFFECT OF AEROBIC CIRCUIT TRAINING ON REACTION
ACTION IMPROVEMENT

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One training method that can increase physical components in a concise and simultaneous manner is circuit training. The aim of this study was to study the effect of *aerobic circuit training* methods to improve the ability of reaction actions. The reason for this research is because the problems in the field that occur in Indonesia are those that often occur in sudden championships so that training programs or periodization can occur so that it is feared that athletes do not perform at their best. This research is an experimental method with a form of design Matching-Only Pretest-Posttest Control Group Design, the population and sample of this study are first-level Sports Science students selected based on the research produced by the researchers. This study, using purposive sampling with the criteria of students who have never done previous exercises and measuring results by using the entire instrument test the body's reaction time. Data obtained at the pretest and posttest were processed using IBM SPSS Version 20 software. The results of this study showed a significant increase in reaction training given *circuit training aerobic* to the ability to act and increase *circuit training aerobic* more significantly compared to conventional circuit training. This exercise can be one solution to overcome a sudden championship because *circuit training aerobic* can be done in a short time.

Keywords: *aerobic circuit training*, reaction time

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