PENGARUH PROGRAM LATIHAN TERHADAP PENINGKATAN KEKUATAN, *POWER*, DAYA TAHAN LENGAN, DAN *PERFORMA* RENANG 50 METER GAYA BEBAS

TESIS

Diajukan untuk memenuhi salah satu syarat memperoleh gelar *Magister* Pendidikan Pada Program Studi Pendidikan Olahraga

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ABSTRAK

Tujuan penelitian ini untuk mengkaji pengaruh program latihan terhadap peningkatan kekuatan lengan, *power* lengan, daya tahan lengan dan *performa* renang 50 meter gaya bebas. Metode yang digunakan dalam penelitian ini adalah *Quasi Eksperimental* dengan Desain *Non-Equivalent Control Group Design*. Sampel dalam penelitian ini adalah dua belas orang atlet renang aquarius bandung KU dua berusia 13-14 tahun. Penelitian ini dibagi menjadi dua kelompok yaitu enam orang kelompok yang menjalankan treatmen dengan program latihan vasa trainer ditambah program latihan renang dan enam orang kelompok yang menjalankan program latihan renang. Hasil penelitian menunjukkan bahwa program latihan *vasa trainer* ditambah program latihan renang memiliki hasil dan pengaruh yang signifikan terhadap peningkatan *power* lengan, daya tahan lengan dan performa renang 50 meter gaya bebas namun tidak terhadap kekuatan lengan.

Kata Kunci : *Vasa trainer*, Kekuatan lengan, *Power* lengan, Daya tahan lengan, *Performa* renang

ABSTRACT

The purpose of this study was to investigate the effect of training programs with vasa trainer tools on increasing arm strength, arm power, arm endurance and 50 meter freestyle swimming performance. The method used in this research was Quasi Experimental with Non-Equivalent Control Group Design. The sample in this study were twelve athletes from the KU aquarius swimming pools aged 13-14 years. The study was divided into two groups: six groups who carried out treatments with the vasa trainer training program plus a swimming training program and six groups who ran a swimming training program. The results showed that the vasa trainer training program plus the swimming training program had significant results and effects on increasing arm power, arm endurance and 50 meter freestyle swimming performance but not on arm strength.

Keywords: Vasa trainer, Arm strength, Power arm, Arm resistance, Swimming performance

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DAFTAR LAMPIRAN

Lampiran

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