

**ANALISIS JARAK TEMPUH (*DISTANCE COVERED*), *HEART RATE*
DAN KEHILANGAN CAIRAN TUBUH DIBERBAGAI POSISI PADA
PEMAIN SEPAKBOLA**

Tesis

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Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



Muhammad Yusuf Rojali R
1602575

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SEKOLAH PASCASARJANA
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Oleh
Muhammad Yusuf Rojali R

S.Pd UPI Bandung, 2015

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd.) pada Sekolah Pasca Sarjana Prodi Pendidikan Olahraga

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**LEMBAR PENGESAHAN
TESIS**

MUHAMMAD YUSUF ROJALI RAHMATILLAH
1602575

ANALISIS JARAK TEMPUH (*DISTANCE COVERED*), *HEART RATE* DAN
KEHILANGAN CAIRAN TUBUH DIBERBAGAI POSISI PADA PEMAIN
SEPAKBOLA

DISETUJUI DAN DISAHKAN OLEH:

Pembimbing I



Dr. Eka Nugraha, M.Kes, AIFO
NIP. 195903041987031002

Pembimbing II



dr. Hamidie Ronald Daniel Ray, M.Pd., AIFO., Ph.D
NIP. 197011022000121001

Mengetahui,
Ketua Program Studi Pendidikan Olahraga



Dr. H. Amung Ma'mun, M.Pd.
NIP: 196001191986031002

ABSTRAK

Analisis Jarak Tempuh (*Distance Covered*), *Heart Rate* Dan Kehilangan Cairan Tubuh Diberbagai Posisi Pada Pemain Sepakbola

Pembimbing : 1. Dr. Eka Nugraha, M.Kes, AIFO

2. dr. Hamidie Ronald Daniel Ray, M.Pd., AIFO., Ph.D

Muhammad Yusuf Rojali R*

2019

Tujuan penelitian untuk menganalisis sampai sejauh mana jarak tempuh (*distance covered*), *Heart Rate*, dan kehilangan cairan tubuh diberbagai posisi pada pemain sepakbola Indonesia, hasil penelitian ini sebagai bahan dasar dalam merencanakan garis volume pada program latihan. Metode penelitian ini menggunakan metode deskriptif kuantitatif, sampel penelitian ini yaitu tim 11 pemain BUFC pada pertandingan Piala Presiden 2019 melawan SPFC menggunakan pendekatan teknik *purposive sampling*. Hasil penelitian jarak tempuh (*distance covered*) terjauh dicapai *External Midfielder* 10.421 m, *Max HR* paling tinggi dicapai *Central Midfield* 200 bpm, *Avg HR* paling tinggi *External Defender* 165 bpm, kehilangan cairan tubuh paling besar *Central Midfielder* 0,9 %. Kesimpulan menunjukkan bahwa *External Midfielder* menempuh jarak paling jauh, *Central Midfielder* paling tinggi *Max HR*, *External Defender* paling tinggi *Avg HR* dan *Central Midfielder* kehilangan cairan tubuh paling besar.

*) Mahasiswa Prodi Pendidikan Olahraga Sekolah Pasca Sarjana UPI angkatan 2016

Kata kunci: *Distance Covered*, *Heart Rate*, kehilangan cairan tubuh, pemain sepakbola

ABSTRACT

The Analysis of Distance Covered, Heart Rate and Body Fluid Loss in Every Positions of Football Players

Guide : 1. Dr. Eka Nugraha, M.Kes, AIFO

2. dr. Hamidie Ronald Daniel Ray, M.Pd., AIFO., Ph.D

Muhammad Yusuf Rojali R*

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The aim of the study was to analyze the extent of distance covered, Heart Rate, and loss of body fluids in various positions on Indonesian soccer players, the results of this study as a basic ingredient in planning the volume lines of the training program. This research method uses quantitative descriptive method, the sample of this study is a team of 11 BUFC players in the 2019 Presidential Cup match against SPFC using a purposive sampling technique approach. The results of the furthest distance covered are External Midfielder 10,421 m, the highest Max HR is 200 Central bpm, Avg HR is the highest External Defender 165 bpm, Central Midfielder is the highest in fluid loss 0.9%. The conclusion shows that the External Midfielder takes the longest distance, Central Midfielder is the highest Max HR, External Defender the highest Avg HR and Central Midfielder loses the most body fluids.

*) Student of Sport Education Postgraduate School Universitas Pendidikan Indonesia class of 2016

Key Word : *Distance Covered, Heart Rate, Body Fluid Loss, Football Players*

DAFTAR ISI

PERNYATAAN	i
KATA PENGANTAR	ii
UCAPAN TERIMAKASIH.....	iii
ABSTRAK	v
DAFTAR ISI.....	vii
DAFTAR TABEL.....	ix
DAFTAR GAMBAR	x
DAFTAR GRAFIK	xi
DAFTAR BAGAN	xii
DAFTAR LAMPIRAN.....	xiii
BAB I PENDAHULUAN.....	1
A. Latar Belakang Masalah	1
B. Identifikasi dan Rumusan Masalah	6
C. Tujuan Penelitian.....	7
D. Manfaat Penelitian	7
E. Struktur Organisasi Tesis	8
F. Ruang Lingkup Penelitian	8
BAB II KAJIAN TEORITIS DAN KERANGKA BERFIKIR	9
A. Kajian Teoritis	9
1. Hakikat Permainan Sepakbola	9
2. Posisi Pemain sepakbola.....	10
3. Karakteristik Pemain Sepakbola.....	14
4. Program Latihan	18
5. Hakikat Kondisi Fisik	19
6. Jarak Tempuh (<i>Distance Covered</i>)	22
7. Denyut Nadi (<i>Heart Rate</i>).....	24
a. Definisi Denyut Nadi	24
b. Macam-macam Denyut Nadi (<i>Heart Rate</i>).....	25
c. Faktor-faktor yang Mempengaruhi Denyut Nadi (<i>Heart Rate</i>)	27
8. Kehilangan Cairan Tubuh.....	29
a. Definisi Dehidrasi	29
b. Kebutuhan Air dalam Tubuh.....	30
B. Penelitian yang Relevan	31
C. Kerangka Berfikir	33
BAB III METODE PENELITIAN	36
A. Metode dan Desain Penelitian	36
B. Partisipan	36
C. Lokasi dan Subjek Populasi/Sampel	37
1. Lokasi Penelitian	37
2. Populasi	37
3. Sampel	37
D. Instrument Penelitian.....	38

E. Prosedur Pengolahan	41
F. Analisis Data	44
BAB IV TEMUAN DAN PEMBAHASAN	46
A. Temuan dan Pembahasan	46
1. Deskripsi Hasil Pertandingan.....	46
2. Analisis Jarak Tempuh (<i>Distance Covered</i>)	48
3. Analisis <i>Heart Rate</i>	51
4. Analisis <i>Water Loss</i>	53
B. Pembahasan Hasil Penelitian	55
BAB V KESIMPULAN DAN REKOMENDASI.....	59
A. Kesimpulan	59
B. Rekomendasi	62
DAFTAR PUSTAKA	63
LAMPIRAN-LAMPIRAN	66

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