

PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP
PENINGKATAN KAPASITAS AEROBIK (*VO₂MAX*)

SKRIPSI

Diajukan sebagai bagian dari persyaratan untuk mendapatkan gelar Sarjana Sains
Program Studi Ilmu Keolahragaan



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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Sains pada Fakultas Pendidikan Olahraga dan Kesehatan Program Studi
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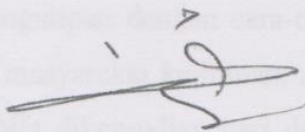
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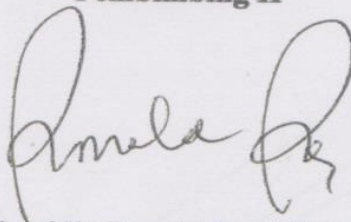
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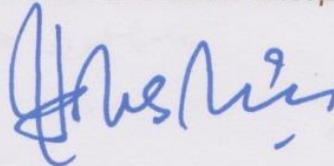


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ABSTRAK

PENGARUH METODE *CIRCUIT TRAINING AEROBIC* TERHADAP PENINGKATAN KAPASITAS AEROBIK (*VO₂Max*)

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Permasalahan olahraga prestasi yang saat ini dihadapi di Indonesia yaitu belum tepatnya kalenderisasi kejuaraan, seringkali kejuaraan diadakan secara mendadak sehingga dapat mengganggu program latihan atau periodisasi yang telah dibuat sehingga dikhawatirkan atlet tidak bertanding dalam performa terbaiknya. Penelitian ini bertujuan untuk mengetahui pengaruh metode *circuit training aerobic* terhadap peningkatan kapasitas aerobik (*VO₂max*). Metode penelitian ini adalah eksperimental yang bersifat kuantitatif dengan menggunakan desain The One-Group Pretest- Posttest Design dengan perlakuan atau treatment berupa pemberian latihan sirkuit yang kemudian ditambah dengan aktivitas aerobik yaitu 200 meter lari submaksimal dengan durasi latihan 45-60 menit dan 9 pos, perlakuan atau treatment diberikan kepada subjek sebanyak tiga hari dalam seminggu selama 4 minggu latihan. Populasi dalam penelitian ini adalah seluruh mahasiswa laki-laki ilmu keolahragaan 2018 sebanyak 91 orang dengan pengambilan sampel menggunakan tehnik *simple random sampling*. Jumlah sampel yang digunakan sebanyak 10 orang, *Balke Test* digunakan sebagai instrumen dalam penelitian ini yang bertujuan untuk mengetahui kapasitas aerobik (*VO₂max*). Data yang diperoleh diolah menggunakan software IBM SPSS v.20. Hasil dalam penelitian ini menyatakan nilai Sig 0,000 < 0,05 yaitu terdapat pengaruh yang signifikan metode *circuit training aerobic* terhadap peningkatan kapasitas aerobik (*VO₂Max*).

Kata Kunci: *Circuit Training Aerobic*, Kapasitas Aerobik (*VO₂Max*)

ABSTRACT

THE EFFECT OF AEROBIC CIRCUIT TRAINING ON AEROBIC CAPACITY (VO₂max)

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The problem of achievement sports currently faced in Indonesia is not precisely the calendarization of the championship, often the championship is held suddenly so that it can interfere with the training program or periodization that has been made so that athletes are not worried about competing in their best performance. This study aims to determine the effect of *aerobic circuit training* methods on increasing aerobic capacity (*VO₂max*). This research method is quantitative in nature using the One-Group Pretest design- Posttest Design with treatment or treatment in the form of circuit training which is then added with aerobic activity that is 200 meters submaximal running with duration of exercise 45-60 minutes and 9 posts, treatment or treatment is given to subjects as much as three days a week for 4 weeks of training. The population in this study were all male students of sports science 2018 as many as 91 people by sampling using *simple random sampling techniques*. The number of samples used was 10 people, *Balke Test* is used as an instrument in this study which aims to determine the aerobic capacity (VO₂max). The data obtained were processed using IBM SPSS v.20 software. The results in this study stated the value of Sig 0,000 <0.05 ie there is a significant influence on the *aerobic circuit training* method to increase aerobic capacity (*VO₂Max*).

Keywords: Circuit Training Aerobic, Aerobic capacity (VO₂max)

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