

PENGARUH SENAM AEROBIK DAN WATER AEROBIK TERHADAP DAYA TAHAN
OTOT

SKRIPSI

*diajukan sebagai syarat untuk memperoleh gelar Sarjana Sains
Program Studi Ilmu Keolahragaan*



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PENGARUH SENAM AEROBIK DAN WATER AEROBIC TERHADAP
DAYA TAHAN OTOT

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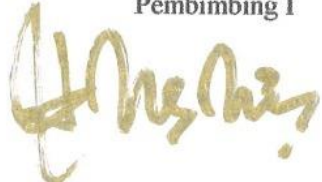
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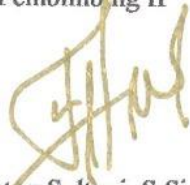
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ABSTRAK
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Dosen Pembimbing I : Mustika Fitri, M.Pd., Ph.D
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Peneliti ini bertujuan untuk menguji pengaruh senam aerobik dan water aerobic terhadap daya tahan otot pada mahasiswa aktif fpok upi. Treatmeant ini dilakukan seminggu 3x selama 8 minggu, dengan intensitas 65%-85% dari denyut nadi maksimal. Sampel penelitian ini berjumlah 20 orang terdiri dari 10 orang kelompok water aerobic dan 10 orang kelompok senam aerobik dengan teknik pengambilan sampel menggunakan teknik accidental sampling. Metode ini menggunakan metode eksperimen dengan desain penelitian The randomized Pretest-Posttest Control Group Design. Instrumen yang digunakan pada penelitian ini yaitu wallshit untuk mengukur daya tahan otot tungkai, curl up untuk mengukur daya tahan otot perut, dan push up untuk mengukur daya tahan otot lengan. Nilai probabilitas $p < 0,05$ maka signifikan. Hasil wallshit water aerobic dan senam aerobik nilai signifikasi sebesar $p = 0,455 > 0,05$ maka data tersebut tidak signifikan. Untuk hasil curlup water aerobic dan senam aerobik nilai signifikasi sebesar $p = 0,832 > 0,05$ maka data tersebut tidak signifikan. Sedangkan nilai pushup water aerobic dan senam aerobik nilai signifikasi sebesar $p = 0,658 > 0,05$ maka data tersebut tidak signifikan. Maka dari itu dapat disimpulkan bahwa tidak ada perbedaan pengaruh yang signifikan antara water aerobic dan senam aerobik terhadap daya tahan otot.

Kata Kunci : water aerobic, senam aerobik, daya tahan otot, mahasiswa olahraga

ABSTRACT
EFFECT OF AEROBIC GYM AND WATER AEROBIC ON MUSCLE RESISTANCE

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This researcher aims to examine the effect of aerobics and water aerobics on muscle endurance in active students at UPI. This treatment is carried out 3 times a week for 8 weeks, with an intensity of 65% -85% of the maximum pulse rate. The sample of this study was 20 people consisting of 10 people from the water aerobics group and 10 people from the aerobics group with a sampling technique using an accidental sampling technique. The method uses an experimental method with the research design The Randomized Pretest-Posttest Control Group Design. The instruments used in this study were wallshit to measure endurance of leg muscles, curl up to measure endurance of abdominal muscles, and push-ups to measure endurance of arm muscles. Probability value $p < 0.05$, it is significant. The results of water aerobic wallshit and aerobic exercise significance value of $p = 0.455 > 0.05$ then the data is not significant. For the results of water aerobic curlup and aerobic exercise the significance value is $p = 0.832 > 0.05$ then the data is not significant. While the value of pushup water aerobics and aerobic exercise significance value of $p = 0.658 > 0.05$ then the data is not significant. Therefore it can be concluded that there is no significant difference in effect between water aerobics and aerobic exercise on muscular endurance.

Keywords: water aerobics, aerobic dance, muscle endurance, student university

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