

**PERBANDINGAN KOMPONEN KONDISI FISIK ANTARA  
ATLET KATA DENGAN ATLET KUMITE CABANG  
OLAHRAGA KARATE**

SKRIPSI

Diajukan Untuk Memenuhi Sebagian Syarat Untuk Memperoleh Gelar  
Sarjana Olahraga Program Studi Ilmu Keolahragaan



oleh

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UNIVERSITAS PENDIDIKAN INDONESIA  
2019

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**Perbandingan Komponen Kondisi Fisik Antara Atlet Kata Dengan  
Atlet Kumite Cabang Olahraga Karate**

**Oleh**

**Tsany Nova Agisna**

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

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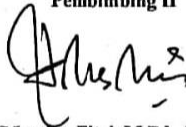
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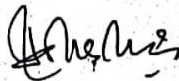


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## PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi dengan judul **“Perbandingan Komponen Kondisi Fisik Antara Atlet Kata dengan Atlet Kumite Cabang Olahraga Karate”** ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apanila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya.

Bandung, November 2019  
Yang menulis pernyataan

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## KATA PENGANTAR

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Bandung, November 2019

Peneliti

## ABSTRAK

# PERBANDINGAN KOMPONEN KONDISI FISIK ANTARA ATLET KATA DENGAN ATLET KUMITE CABANG OLAHRAGA KARATE

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**Dosen Pembimbing I : Iman Imanudin, S.Pd., M.Pd**  
**Dosen Pembimbing II : Mustika Fitri, M.Pd., Ph.D**

Performa atlet dipengaruhi oleh banyak faktor antara lain kemampuan teknik, taktik, kondisi fisik, psikologis, dan fisiologis atlet (Stolen et al., 2005). Kondisi fisik yang dibutuhkan atlet karate saat bertanding diantaranya adalah waktu reaksi, fleksibilitas, kelincahan, kekuatan, dan daya tahan. Peneliti ingin menunjukkan perbedaan kemampuan komponen kondisi fisik antara atlet kata dengan atlet kumite. Penelitian ini bertujuan untuk menguji perbedaan kemampuan komponen kondisi fisik antara atlet kata dengan atlet kumite cabang olahraga karate. Metode yang digunakan dalam penelitian ini adalah studi kausal komparatif. Sampel terdiri dari 17 atlet karate (9 atlet kata, dan 8 atlet kumite) dengan usia 13 – 17 tahun dan menggunakan teknik *purposive sampling* untuk pengambilan sampel. Hasil penelitian dianalisis menggunakan *Independent Sample t – test* pada SPSS. Hasil analisis menyatakan hasil tes pada kemampuan waktu reaksi tangan kanan *Sig.*  $0.085 > 0.05$  dan tangan kiri *Sig.*  $0.464 > 0.05$ , pada kemampuan fleksibilitas memperoleh nilai *Sig.*  $0.744 > 0.05$ , kemampuan kelincahan memperoleh nilai *Sig.*  $0.662 > 0.05$ , kemampuan kekuatan kaki kanan *Sig.*  $0.978 > 0.05$  dan kekuatan kaki kiri *Sig.*  $0.952$ , serta kemampuan daya tahan memperoleh nilai *Sig.*  $0.708 > 0.05$  maka tidak terdapat perbedaan yang signifikan pada kemampuan komponen kondisi fisik atlet kata dengan kumite.

Kata kunci : kondisi fisik, kata, kumite, karate, waktu reaksi, fleksibilitas, kelincahan, kekuatan, daya tahan.



**ABSTRACT**  
**COMPARISON OF PHYSICAL CONDITION BETWEEN KATA**  
**ATHLETE WITH KUMITE ATHLETE IN KARATE**

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**Advisor I : Iman Imanudin, S.Pd., M.Pd**  
**Advisor II : Mustika Fitri, M.Pd., Ph.D**

The athlete's performance is influenced by many factors including technical abilities, tactics, physical, psychological, and physiological conditions of the athlete (Stolen et.al., 2005). The physical conditions needed by karate athletes when competing include reaction time, flexibility, agility, strength, and endurance. Researchers want to show differences in the ability of the components of physical conditions between kata athletes and kumite athletes. This study aims to examine differences in the ability of the components of physical condition between kata athletes and kumite athletes in karate. The method used in this research is a causal comparative study. The sample consisted of 17 karate athletes (9 kata athletes, and 8 kumite athletes) with ages 13-17 years and using purposive sampling techniques for sampling. The results of the study were analyzed using the *Independent Sample t-test* on SPSS. The analysis results stated the test results on the ability of the right hand reaction time *Sig.*  $0.085 > 0.05$  and left hand *Sig.*  $0.464 > 0.05$ , the ability of flexibility *Sig.*  $0.744 > 0.05$ , the ability of agility *Sig.*  $0.662 > 0.05$ , right leg strength ability *Sig.*  $0.978 > 0.05$  and strength of left leg *Sig.*  $0.952 > 0.05$ , the ability of endurance *Sig.*  $0.708 > 0.05$  then there is no significant difference in the ability of the physical condition components of kata athletes with kumite athletes.

Keyword : physical components, kata, kumite, karate, reaction time, flexibility, agility, strength, endurance

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