

**PENGARUH LATIHAN *SHUTTLE SWIMMING* TERHADAP  
PENINGKATAN PERFORMA PERMAINAN POLO AIR**

**SKRIPSI**

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh Gelar Sarjana  
Pendidikan Program Studi Pendidikan Kepelatihan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA  
2020**

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

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PENINGKATAN PERFORMA PERMAINAN POLO AIR**

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## ABSTRAK

### PENGARUH LATIHAN *SHUTTLE SWIMMING* TERHADAP PENINGKATAN PERFORMA PERMAINAN POLO AIR

**Pembimbing: Drs. Dadan Mulyana, M.Pd.**

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Permasalahan yang penulis ajukan pada penelitian ini mengenai pelatihan *shuttle swimming* kepada atlet polo air. Penelitian ini mengenai "Pengaruh Latihan *Shuttle Swimming* Terhadap Peningkatan Performa Permainan Polo Air". Metode penelitian yang digunakan adalah metode eksperimen. Penelitian ini dilakukan di Kolam Renang Tirtelega Bandung pada atlet putri U18 PELATDA PRA PON Jawa Barat sebanyak 10 orang dengan menggunakan teknik pengambilan sampel *purposive sampling*. Desain penelitian *nonequivalent control group design*. Instrumen penelitian yang digunakan adalah *Game Performance Assesment Instrument* (GPAI). Dari hasil pengolahan data penelitian, maka diperoleh bahwa hasil output uji *paired samples* diketahui nilai sig. (2-tailed) sebesar  $0,013 < 0,05$ , maka  $H_0$  ditolak dan  $H_1$  diterima. Sehingga dapat disimpulkan bahwa ada pengaruh latihan *shuttle swimming* terhadap peningkatan performa permainan polo air.

Kata kunci: *Shuttle swimming*, performa permainan, polo air.

\*) Mahasiswa Prodi PKO FPOK Universitas Pendidikan Indonesia Angkatan 2016

## **ABSTRACT**

### ***THE INFLUENCE OF SHUTTLE SWIMMING EXERCISE TO IMPROVE THE PERFORMANCE OF WATER POLO GAMES***

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*The objective of this study was to investigate the effect of Shuttle Swimming Exercise to Improve the Performance of Water Polo Games. The study was used experimental method and conducted at the Tirtalega Swimming Pool in Bandung and 10 female athletes PRA PON West Java team with the age of 18 years old chosen as sample, which determined using purposive sampling technique. The instrument used the Game Performance Assesment instrument (GPAI). The results of the test output paired samples known value sig. (2-tailed) of  $0.013 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted. The concluded there is a effect of shuttle swimming training to improve game performance of water polo.*

*Keywords: Shuttle swimming, game performance, water polo.*

*\*) Student Prodi PKO FPOK University of Education Indonesia Force 2016*

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