

**PROSENTASE PENINGKATAN DAYA TAHAN ANAEROBIK  
ALAKTASID ATLET FUTSAL PADA TAHAP PERSIAPAN UMUM (TPU)  
DALAM PERIODISASI LATIHAN**

**SKRIPSI**

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



Oleh :  
Jembar Phitaloka  
1606733

**PROGRAM STUDI ILMU KEOLAHRAGAAN  
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
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Sebuah skripsi yang di ajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan.

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**LEMBAR PENGESAHAN**

**JEMBAR PHITALOKA**

**1606733**

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Disetujui dan di sahkan oleh:

Pembimbing I



Agus Rusdiana, M.A., Ph.D.

NIP. 19760812 200112 1 001

Pembimbing II



Iman Imanudin, S.Pd., M.Pd.

NIP. 19750810 200112 1 001

Mengetahui,

Ketua Departemen Ilmu Keolahragaan



Mustika Fitri, M.Pd., Ph.D.

NIP. 19681220 199802 2 001

## **ABSTRAK**

### **PROSENTASE PENINGKATAN DAYA TAHAN ANAEROBIK ALAKTASID ATLET FUTSAL PADA TAHAP PERSIAPAN UMUM (TPU) DALAM PERIODISASI LATIHAN**

**Jembar Phitaloka**

**1606733**

**Fakultas Pendidikan Olahraga Dan Kesehatan  
Universitas Pendidikan Indonesia**

**Pembimbing :**

**Agus Rusdiana, M.A., Ph.D.**

**Iman Imanudin, S.Pd., M.Pd.**

Periodisasi latihan merupakan hal yang sangat penting untuk seorang atlet demi mencapai suatu prestasi yang maksimal, selain itu dalam pembinaan olahraga prestasi khususnya cabang olahraga futsal, atlet dituntut harus mempunyai kondisi fisik yang prima. Penelitian ini menguji apakah terdapat peningkatan daya tahan anaerobic alaktasid pada tahap persiapan umum (TPU) dan jumlah kenaikan persentasenya dengan menerapkan periodisasi latihan. Metode yang dilakukan pada penelitian ini yaitu studi deskriptif dengan pendekatan kuantitatif. Sampel dalam penelitian ini yaitu 12 atlet futsal Ilmu Keolahragaan angkatan 2019, pengambilan sampel menggunakan teknik non probability sampling. Instrument yang digunakan yaitu RAST TEST (Running Based Sprint Anaerobic Sprint) dengan tujuan untuk mengukur tingkat kelelahan Anaerobik Alaktasid. Pengolahan data dianalisis menggunakan uji Wicolxon pada SPSS versi 25. Dari hasil data diperoleh nilai sig (p)  $0,239 > 0.05$  yang artinya tidak terdapat pengaruh yang signifikan periodisasi latihan pada tahap persiapan umum (TPU) terhadap daya tahan anaerobic alaktasid atlet futsal. Terjadi penurunan sebesar  $-2.53\%$  dengan rata rata fatigue index awal  $5,89$  Watts/sec menjadi  $7,25$  Watts/sec.

**Kata Kunci: Olahraga prestasi, daya tahan, periodisasi latihan, program latihan, Anaerobik Alaktasid, futsal, kelelahan, tahap persiapan umum (TPU).**

## ABSTRACT

### IMPROVMENT PERCENTAGE OF ALACTACID ANAEROBIC RESISTANCE OF FUTSAL ATHLETES IN GENERAL PREPARATION STAGE (TPU) DURING TRAINING PERIODIZATION

**Jembar Phitaloka**

**1606733**

**Faculty of Sports and Health Education**

**Universitas Pendidikan Indonesia**

**Supervisor:**

**Agus Rusdiana, M.A., Ph.D.**

**Iman Imanudin, S.Pd., M.Pd.**

Training periodization is very important for athletes for making them be able to achieve maximum performance. In addition, in coaching achievement sports, especially futsal, athletes are required to have superfine physical condition. This present study aims at examining whether there is an increase in the anaerobic resistance of alactacids at the general preparation stage (TPU) and at observing the number of percentage increment by applying training periodization. Descriptive study with a quantitative approach is used as the research method in this research. The sample in this study is 12 futsal athletes from Sport Science students of 2019 batch, sampling is done using non probability sampling techniques. The instrument used is the RAST TEST (Running Based Sprint Anaerobic Sprint) with the aim to measure the fatigue level of Anaerobic Alactacid. The data were analysed using the Wicolxon test on SPSS version 25. From the data results, it is obtained a sig (p) value of  $0.239 > 0.05$ , which means that there is no significant effect of training periodization at the general preparation stage (TPU) towards the anaerobic alactacid endurance of futsal athletes. There is a decrease of -2.53% with the initial average fatigue index of 5.89 Watts/sec to 7.25 Watts/sec.

**Keywords: achievement sports, endurance, training periodization, training program, Anaerobic Alactacids, futsal, fatigue, general preparation stage (TPU).**

Jembar Phitaloka, 2020

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