

**LATIHAN MENGGUNAKAN MEDIA WEIGHTED JACKET DAN
WEIGHTED BELT DI AIR DALAM MENINGKATKAN KEKUATAN DAN
DAYA TAHAN OTOT TUNGKAI ATLET POLO AIR**

TESIS

diajukan untuk memenuhi sebagian dari syarat memperoleh gelar
Magister Pendidikan Program Studi Pendidikan Olahraga



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UNIVERSITAS PENDIDIKAN INDONESIA
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*LATIHAN MENGGUNAKAN MEDIA WEIGHTED JACKET DAN WEIGHTED BELT DI AIR DALAM
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Latihan Menggunakan Media Weighted Jacket Dan Weighted Belt Di Air Dalam Meningkatkan Kekuatan Dan Daya Tahan Otot Tungkai Atlet Polo Air (Studi Literatur)

Ayudya Suidarwanty Pratiwi*

2020

ABSTRAK

Polo air merupakan olahraga *full body contact* dimana para pemain bertahan maupun menyerang hampir selalu bergulat (*grappling*) di dalam air selama permainan guna mendapatkan peluang mencetak gol ataupun merebut bola. Atlet dituntut untuk mengangkat tubuh bagian atas setinggi-tingginya keluar dari permukaan air untuk mendukung gerakan-gerakan seperti *passing*, *shooting* dan *blocking* yang memerlukan kekuatan dan daya tahan otot tungkai yang baik. *Weighted jacket* dan *weighted belt* diduga sebagai media latihan dengan fungsi meningkatkan kekuatan dan daya tahan otot tungkai atlet karena kespesifikan penerapannya di air dan penggunaan kaki *egg-beater* sebagai gerakan dasar olahraga polo air. Penelitian ini menerapkan metode *literatur review* dengan menggunakan analisis konten dalam pengambilan data. Data-data yang di ambil berasal dari hasil penelitian-penelitian yang telah dilakukan dan dipublikasikan. Tujuan dalam penelitian ini adalah melihat pengaruh media latihan *weighted jacket* dan *weighted belt* di air dalam meningkatkan kekuatan dan daya tahan otot tungkai atlet polo air. Hasil penelitian ini memperlihatkan bahwa media latihan yang dapat mempengaruhi kekuatan dan daya tahan otot tungkai adalah *weighted belt* dan *weighted jacket* atau biasa disebut *weighted vest* yaitu media dengan bentuk yang sama hanya saja *weighted vest* biasa digunakan di darat.

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Weighted Jacket and Weighted Belt Media in Water for Training on the Strength and Leg endurance of Water Polo Athletes (Literature Review)

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2020

ABSTRACT

Water polo is a full body contact sport where both defensive and attacking players almost always grappled in the water during the game to get a chance to score or win the ball. Athletes are required to lift their upper body as high as possible out of the water to support movements such as passing, shooting and blocking which require good leg muscle strength and endurance. Weighted jackets and weighted belts are thought to be training media with the function of increasing the strength and endurance of the athlete's leg muscles because of their specific application in water and the use of egg-beater legs as the basic movements of water polo. This study applies the literature review method using content analysis in data collection. The data taken comes from the results of studies that have been conducted and published. The purpose of this study was to see the effect of weighted jacket and weighted belt training media in water in increasing the leg muscle strength and endurance of water polo athletes. The results of this study indicate that the training media that can affect the strength and endurance of the leg muscles are weighted belts and weighted jackets or commonly called weighted vests, namely media with the same shape, only weighted vests are commonly used on land.

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