

PENINGKATAN DAYA TAHAN ANAEROBIK LAKTASID ATLET FUTSAL  
PADA TAHAP PERTANDINGAN UTAMA (TPUt) DALAM PERIODISASI  
LATIHAN

SKRIPSI

diajukan untuk memenuhi sebagian syarat memperoleh gelar Sarjana Olahraga  
Program Studi Ilmu Keolahragaan



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## HAK CIPTA

### **Peningkatan Daya Tahan Anaerobik Laktasid Atlet Futsal Pada Tahap Pertandingan Utama (TPUt) Dalam Periodisasi Latihan**

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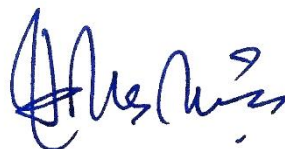


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**ABSTRAK****PENINGKATAN DAYA TAHAN ANAEROBIK LAKTASID ATLET FUTSAL  
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Daya tahan anaerobik merupakan salah satu komponen kemampuan fisik yang harus dimiliki atlet dalam mencapai prestasi maksimal. Dengan program latihan yang direncanakan membantu atlet untuk mencapai performa terbaik dalam suatu kompetisi. Oleh karena itu, tujuan dari penelitian ini adalah untuk mengetahui apakah dengan latihan menggunakan periodisasi latihan pada tahap pertandingan utama (TPU<sub>t</sub>) dapat meningkatkan daya tahan anaerobik laktasid atlet dan dapat mengetahui persentase peningkatannya. Metode penelitian yang digunakan adalah metode eksperimen dengan menggunakan *one group pretest-posttest design*. Sampel yang digunakan yaitu atlet futsal dari mahasiswa Ilmu Keolahragaan Angkatan 2019 berjumlah 12 orang yang diambil dengan *non probability sampling* yaitu sampling kuota. Pengolahan data menggunakan *Wilcoxon Test*. Dalam pengolahan data agar lebih mudah mengetahui hasil tes, menggunakan bantuan *software Statistical Package for Social Science (SPSS)*. Variabel bebas dalam penelitian ini adalah program latihan sedangkan variabel terikatnya adalah kemampuan anaerobik laktasid ditahap pertandingan utama. Hasil analisis data yang telah dilakukan diperoleh data uji normalitas *pretest* yaitu  $0,647 > 0,05$  dan *posttest* sebesar  $0,011 < 0,05$ , maka data tidak berdistribusi normal. Uji hipotesis diperoleh data yang menunjukkan nilai signifikansi (p)  $0,638 > 0,05$  dapat diartikan bahwa tidak terdapat peningkatan daya tahan anaerobik laktasid pada tahap pertandingan utama dalam periodisasi latihan melainkan terjadi penurunan sebesar 0,018%.

**Kata kunci :** Anaerobik Laktasid, Program Latihan, Periodisasi Latihan, Futsal, Tahap Pertandingan Utama, Daya Tahan

## ABSTRACT

### ANAEROBIC LACTACID INCREASE OF FUTSAL ATHLETES IN THE MAIN MATCH STAGE TRAINING PERIODIZATION

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Anaerobic endurance is one component of the physical ability that athletes must possess to achieve peak performance. With a planned training program to help athletes to achieve the best performance in a competition. Therefore, this study aimed to determine whether training using the training periodization at the main competition stage can increase the athlete's anaerobic lactacid endurance and can determine the percentage of increase. The research method used is an experimental method using one group pretest-posttest design. The sample used was 12 futsal athletes from the student of Sport Science 2019 who were taken with non-probability sampling, namely quota sampling. Data processing using the Wilcoxon Test. In data processing to make it easier to find test results, use the help of software the Statistical Package for Social Science (SPSS). The independent variable in this study is the training program while the dependent variable is the ability of anaerobic lactacid in the main competition stage. The results of data analysis that have been carried out obtained the pretest normality test data is  $0.647 > 0.05$  and the posttest  $0.011 < 0.05$ , so the data are not normally distributed. Hypothesis testing obtained data that shows a significance value (p) of  $0.638 > 0.05$ , which means that there is no increase in anaerobic lactacid resistance at the main competition stage in the training periodization but there is a decrease of 0.018%.

Keywords: Anaerobic Lactacid, Exercise Program, Training Periodization, Futsal, Main Competition Stage, Endurance

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