

**PENGARUH PENGGUNAAN MODEL PERIODISASI UNDULATING  
DALAM KEKUATAN TERHADAP PENINGKATAN DAYA TAHAN  
KEKUATAN**

**SKRIPSI**

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



Oleh

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**PROGRAM STUDI  
ILMU KEOLAHRAGAAN  
FAKULTAS PENDIDIKAN OLAAHRAGA DAN KESEHATAN  
UNIVERSITAS PENDIDIKAN INDONESIA**

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**Oleh:  
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Skripsi yang diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Olahraga (S1) pada Program Studi Ilmu Keolahragaan Fakultas Pendidikan Olahraga dan Kesehatan

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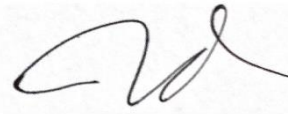
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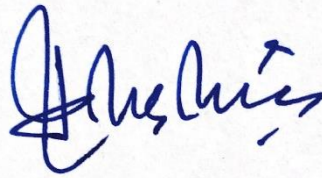


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## ABSTRAK

# PENGARUH PENGGUNAAN MODEL PERIODISASI UNDULATING DALAM KEKUATAN TERHADAP PENINGKATAN DAYA TAHAN KEKUATAN

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**Pembimbing I : Iman Imanudin S.Pd., M.Pd**

Penelitian ini bertujuan menguji adanya pengaruh dari model periodisasi undulating dalam kekuatan terhadap peningkatan daya tahan kekuatan. Periodisasi merupakan komponen penting dalam program latihan. Pada olahraga prestasi bagaimana cara untuk mencapai kondisi *peak performance* pada tanggal dan waktu yang telah direncanakan merupakan permasalahan yang paling kompleks. Seringkali prestasi puncak (*peak performance*) dicapai sebelum pertandingan. Metode yang digunakan dalam penelitian ini adalah *experimental* dengan desain *The One-Group Pretest-Posttest Design* dengan memberikan perlakuan latihan beban menggunakan beban *external* selama delapan minggu kepada mahasiswa Ilmu Keolahragaan FPOK UPI yang berjumlah 15 orang. Hasil Penelitian menunjukkan bahwa model periodisasi *undulating* memberikan peningkatan terhadap peningkatan daya tahan kekuatan *upperbody* dan *lowerbody* secara signifikan, uji hipotesis menunjukkan nilai signifikansi  $0,000 < 0,05$ . Disimpulkan bahwa terdapat pengaruh yang signifikan dari model periodisasi undulating terhadap peningkatan daya tahan kekuatan *upperbody* dan *lowerbody*.

**Kata kunci:** Daya Tahan Kekuatan, Olahraga Prestasi, Periodisasi Undulating

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## **ABSTRACT**

### **EFFECT OF USE UNDULATING PERIODIZATION MODEL IN STRENGTH ON INCREASED STRENGTH ENDURANCE**

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This study aims to test the influence of undulating periodization model in strength on increased endurance. Periodization is an important component of the training program. In sports achievement how to achieve peak performance conditions on the planned date and time is the most complex problem. Often peak performance is achieved before the game. The method used in this research is experimental with the design of The One-Group Pretest-Posttest Design by providing weight training treatment using external load for eight weeks to 15 UPI FPOK Sports Science students. The results showed that the undulating periodization model significantly increased the strength endurance of the upper body and low body, hypothesis testing showed a significance value of  $0.000 < 0.05$ . It is concluded that there is a significant effect of the undulating periodization model on the increased endurance of upper body and low body strength.

**Keywords:** Periodization Undulating, Sports Achievement, Strengt Endurance

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