

**PENGARUH METODE LATIHAN *HIGH INTENSITY INTERVAL TRAINING*
(*HIIT*) MENGGUNAKAN *BULGARIAN BAG* TERHADAP PENINGKATAN
DAYA TAHAN KEKUATAN PADA ATLET GULAT**

TESIS

**Diajukan Untuk Memenuhi Syarat Memperoleh
Gelar Magister Program Studi Pendidikan
Olahraga**



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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
magister pada Program Studi Pendidikan Olahraga Pascasarja

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ABSTRAK

PENGARUH METODE LATIHAN *HIGH INTENSITY INTERVAL TRAINING (HIIT)* MENGGUNAKAN *BULGARIAN BAG* TERHADAP PENINGKATAN DAYA TAHAN KEKUATAN PADA ATLET GULAT

Gulat adalah olahraga yang membutuhkan daya tahan kekuatan dengan kualitas di atas rata-rata. Atlet yang memiliki daya tahan kekuatan akan mampu menunjang atlet dalam latihan dan pertandingan, selain itu daya tahan kekuatan otot adalah salahsatu komponen kondisi fisik yang harus dimiliki dengan kualitas yang sangat baik agar bisa berprestasi di level tertinggi. Untuk meningkatkan daya tahan kekuatan otot dibutuhkan sebuah metode dan media latihan yang efektif supaya mendapatkan hasil yang optimal. Penggabungan antara metode *HIIT* dengan Bulgarian bag adalah salahsatu pilihan untuk meningkatkan daya tahan kekuatan pada atlet gulat. Penelitian ini bertujuan untuk mengkaji pengaruh metode *HIIT* menggunakan Bulgarian bag terhadap daya tahan kekuatan otot pada atlet gulat. Metode penelitian yang digunakan adalah metode eksperimen dengan menggunakan *The Randomized Pretest-Posttest Control Group Design*. Subjek penelitian ini adalah atlet *Scorpion Wrestling Club* berjumlah 10 atlet putra yang diambil menggunakan total sampling. Instrumen penelitian yang digunakan adalah *squat jump*, *sorensen test* dan *dynamic endurance handgrip strength*. Uji Manova menggunakan SPSS versi 26 dilakukan sebagai analisis data pada penelitian ini. Hasil penelitian menunjukkan bahwa metode latihan *HIIT* menggunakan Bulgarian *bag* memberikan pengaruh yang signifikan terhadap peningkatan daya tahan kekuatan otot pada atlet gulat. Dapat disimpulkan bahwa latihan menggunakan Bulgarian *bag* dapat digunakan sebagai pilihan yang tepat untuk meningkatkan daya tahan kekuatan otot pada atlet gulat.

Kata kunci: *High Intensity Interval Training (HIIT)*, *Bulgarian bag*, Daya Tahan Kekuatan Atlet Gulat

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ABSTRAC
THE EFFECT OF HIGH INTERVAL TRAINING (HIIT) USING
BULGARIAN BAG TOWARDS INCREASING STRENGTH ENDURANCE IN
WRESTLING ATHLETES

Wrestling is a sport that requires strength endurance of above average quality. Athletes who have strength endurance will be able to support athletes in training and competitions, besides that muscle strength endurance is one of the components of physical condition that must be possessed with excellent quality in order to achieve at the highest level. To increase muscle endurance, an effective training method and media is needed in order to get optimal results. The combination of the HIIT method with the Bulgarian bag is one option to increase strength endurance in wrestling athletes. This study aims to examine the effect of the HIIT method using a Bulgarian bag on muscle strength endurance in wrestling athletes. The research method used is an experimental method using The Randomized Pretest-Posttest Control Group Design. The subject of this research is the Scorpion Wrestling Club athletes totaling 10 male athletes taken using total sampling. The research instruments used were squat jump, sorensen test and dynamic endurance handgrip strength. The Manova test using SPSS version 26 was carried out as data analysis in this study. The results showed that the HIIT training method using a Bulgarian bag had a significant effect on increasing muscle endurance in wrestling athletes. It can be concluded that training using a Bulgarian bag can be used as the right choice to increase muscle strength endurance in wrestling athletes.

Keyword: *High Intensity Interval Training (HIIT), Bulgarian bag, Strength Endurance of Wrestling Athletes*

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