

**HUBUNGAN *STIFFNESS MONOFINS* dengan *KICK FREQUENCY* dan  
*VELOCITY* PADA NOMOR 100 METER *SURFACE FINSWIMMING*.**

**TESIS**

Diajukan Untuk Memenuhi Sebagian Dari Syarat  
Memperoleh Gelar Magister Pendidikan  
Program Studi Pendidikan Olahraga



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BANDUNG  
Agustus, 2021**

Fikri Rizkia, 2021  
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana Universitas Pendidikan  
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**LEMBAR PENGESAHAN TESIS**

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NOMOR 100 METER *SURFACE* DITIJAU dari *STIFFNESS MONOFINS  
HARD* dan *STIFFNESS MONOFINS EXSTRA HARD*.**

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## PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul “**HUBUNGAN STIFFNESS MONOFINS dengan KICK FREQUENCY dan VELOCITY PADA NOMOR 100 METER SURFACE FINSWIMMING.**” ini beserta keseluruhan isinya merupakan karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam tatanan masyarakat keilmuan. Atas pernyataan tersebut, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

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## KATA PENGANTAR

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Pada tesis ini, metode yang digunakan pada penelitian ini yaitu kuantitatif deskriptif korelasional. Penulis berharap karya tulis ilmiah ini dapat memberikan kontribusi akademik untuk para pembaca, terkhusus untuk kaum akademisi atau peneliti selanjutnya agar menyempurnakan area *research* pada tesis ini.

Penulis sangat menyadari, dalam penyusunan tesis ini masih memiliki kekurangan atau terdapat falsifikasi di dalamnya. Oleh sebab itu, penulis mengharapkan kritik dan saran yang konstruktif untuk melengkapi tesis ini.

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**ABSTRAK**

Finswimming secara harfiah merupakan olahraga air yang dilakukan menggunakan alat bantu, seperti bifins, monofins, dan snorkel. Olahraga tercepat yang dilakukan di kolam renang ini semakin banyak peminat dan mulai menarik banyak perhatian dalam kegiatannya. Semakin berkembangnya olahraga ini membuat produsen alat bantu monofins semakin mengembangkan jenis *stiffness* yang dihadirkan, diantaranya *stiffness monofins hard* dan *stiffness monofins extra hard*. Tujuan penelitian ini adalah untuk menganalisa *kick frequency* dan *velocity* dalam nomor 100 Meter *surface* ditinjau dari karakteristik *Stiffness monofins hard* dan *Stiffness monofins extra hard*. Metode penelitian ini ialah kuantitatif deskriptif dengan desain penelitian *correlational*. Populasi penelitian ini adalah atlet finswimming Kota Bandung, teknik *purposive sampling* digunakan untuk menentukan sampel dengan beberapa kriteria. Sampel berjumlah 16 atlet dengan kriteria : (1) Atlet Finswimming Kota Bandung telah berlatih monofins sekurangnya tiga tahun.(2) memiliki monofins *stiffness hard* dan *extra hard*. (3) berada pada posisi 20 besar monofins Kejuaraan antar daerah. Kesimpulan penelitian ini menunjukkan *stiffness monofins hard* dan *stiffness monofins extra hard* tidak memiliki hubungan dengan *kick frequency*, sedangkan *stiffness monofins hard* dan *stiffness monofins extra hard* memiliki hubungan dengan *velocity*.

\*) Mahasiswa Program Studi Pendidikan Olahraga SPs UPI Angkatan 2019

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***THE RELATIONSHIP OF STIFFNESS MONOFINS WITH KICK  
FREQUENCY and VELOCITY ON THE NUMBER 100 METER SURFACE  
FINSWIMMING.***

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***ABSTRACT***

*Finswimming is literally a water sport that is done using assistive devices, such as bifins, monofins, and snorkels. The fastest sport that is carried out in the pool is getting more and more enthusiasts and is starting to attract a lot of attention in its activities. The growing development of this sport makes manufacturers of monofins tools increasingly develop the types of stiffness that are presented, including stiffness monofins hard and stiffness monofins extra hard. The purpose of this study was to analyze the kickfrequency and velocity in the number 100 Meter surface in terms of the characteristics of the stiffness monofins hard and the stiffness monofins extra hard. This research method is descriptive quantitative with a correlational research design. The population of this research is finswimming athletes in Bandung City, purposive sampling technique is used to determine the sample with several criteria. The sample consisted of 16 athletes with the following criteria: (1) Bandung City Finswimming Athletes had practiced monofins for at least three years. (2) had monofins stiffness hard and extra hard. (3) is in the top 20 of the inter-regional championship monofins. The conclusion of this study shows that stiffness monofins hard and stiffness monofins extra hard have no relationship with kick frequency, while stiffness monofins hard and stiffness monofins extra hard have a relationship with velocity.*

*\*) Students of the SPs UPI Sports Education Study Program Class of 2019*

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