

**PENGARUH LATIHAN *KETTLEBELL* MENGGUNAKAN
METODE *SET SYSTEM* TERHADAP PENGEMBANGAN
MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU
DAN *HANDGRIP* PADA ATLET GULAT PUTRI**

TESIS

Diajukan untuk Memenuhi Salah Satu Syarat Memperoleh Gelar Magister
Pendidikan



oleh:

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1910211

**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
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***PENGARUH LATIHAN KETTLEBELL MENGGUNAKAN METODE SET SYSTEM TERHADAP
PENGEMBANGAN MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU DAN HANDGRIP PADA
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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan pada Sekolah Pascasarjana

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ABSTRAK

Ari Dwi Riyatna. 1910211. Pengaruh Latihan Kettlebell menggunakan Metode Set System terhadap Pengembangan Massa Otot, Daya Tahan Kekuatan Otot Bahu dan *Handgrip* pada Atlet Gulat Putri.

Atlet gulat putri seringkali mengalami kesulitan ketika melakukan latihan kekuatan karena harus menyesuaikan dengan atlet gulat putra. Oleh sebab itu, dibutuhkan suatu latihan yang tepat dan sesuai bagi atlet gulat putri yang tetap memberikan manfaat, yaitu latihan *kettlebell* menggunakan metode *set system*. Penelitian ini bertujuan untuk mengetahui pengaruh dari latihan *kettlebell* menggunakan metode *set system* terhadap pengembangan massa otot, daya tahan kekuatan otot bahu dan *handgrip* atlet gulat putri. Metode eksperimen dengan desain *randomized pretest-posttest control group design* digunakan dalam penelitian ini. Sampel merupakan 8 atlet gulat putri KBB yang dipilih dari populasi menggunakan teknik *total sampling*. Sampel dibagi menjadi 2 kelompok (eksperimen dan kontrol) yang kemudian diberi perlakuan selama 8 minggu. Instrumen yang digunakan dalam penelitian ini terdiri dari *Bioelectrical Impedance Analyser*, *The Shoulder Endurance Test* dan *Dynamic Endurance Handgrip Strength Test* yang diberikan dua kali kepada sampel. Hasil penelitian menunjukkan bahwa ketiga hipotesis yang penulis susun terpenuhi. Selain itu juga, diperoleh bahwa pada kelompok eksperimen memiliki rata-rata peningkatan persentase hasil sebesar 8% (massa otot), 37% (otot bahu) dan 14% (*handgrip*), sedangkan pada kelompok kontrol memiliki rata-rata penurunan persentase hasil sebesar 0% (massa otot), 4% (otot bahu) dan 2% (*handgrip*). Sehingga penelitian ini memberikan kesimpulan bahwa terdapat pengaruh yang signifikan dari latihan *kettlebell* menggunakan metode *set system* terhadap pengembangan massa otot, daya tahan kekuatan otot bahu dan *handgrip* pada atlet gulat putri. Penulis menyarankan kepada praktisi olahraga gulat untuk mengintegrasikan latihan ini ke dalam periodisasi latihan kekuatan yang disusun.

Kata Kunci: Latihan *Kettlebell*, Metode *Set System*, Pengembangan Massa Otot, Daya Tahan Kekuatan, Otot Bahu, *Handgrip*, Atlet Gulat Putri

ABSTRACT

Ari Dwi Riyatna. 1910211. The Effect of Kettlebell Exercise using the Set System Method on the Development of Muscle Mass, Endurance of Shoulder Muscle Strength and Handgrip in Women's Wrestling Athletes.

Women's wrestling athletes often have difficulty doing strength training because they have to adapt to men's wrestling athletes. Therefore, it takes an appropriate and appropriate exercise for female wrestling athletes who still provide benefits, namely kettlebell training using the set system method. This study aims to determine the effect of kettlebell training using the set system method on the development of muscle mass, shoulder muscle strength endurance, and handgrip of female wrestling athletes. The experimental method with a randomized pretest-posttest control group design was used in this study. The sample is 8 KBB female wrestling athletes selected from the population using a total sampling technique. Samples were divided into 2 groups (experimental and control) which were then treated for 8 weeks. The instruments used in this study consisted of the Bioelectrical Impedance Analyzer, The Shoulder Endurance Test, and the Dynamic Endurance Handgrip Strength Test which were administered twice to the sample. The results of the study indicate that the three hypotheses that the authors have compiled are fulfilled. In addition, it was also found that the experimental group had an average increase in the percentage of results by 8% (muscle mass), 37% (shoulder muscles), and 14% (handgrip), while the control group had an average decrease in the percentage of results of 0. % (muscle mass), 4% (shoulder muscle) and 2% (handgrip). So this study concludes that there is a significant effect of kettlebell training using the set system method on the development of muscle mass, shoulder muscle strength endurance, and handgrip in female wrestling athletes. The author advises wrestling practitioners to integrate these exercises into the structured periodization of strength training.

Keywords: Kettlebell Training, Set System Method, Muscle Mass Development, Strength Endurance, Shoulder Muscles, Handgrip, Women's Wrestling

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DAFTAR ISI

HALAMAN JUDUL	i
HALAMAN PENGESAHAN.....	ii
PERNYATAAN KEASLIAN.....	iii
UCAPAN TERIMA KASIH	iv
ABSTRAK	vi
ABSTRACT	vii
KATA PENGANTAR.....	viii
DAFTAR ISI.....	ix
DAFTAR TABEL	x
DAFTAR GAMBAR.....	xi
BAB I PENDAHULUAN.....	1
A. Latar Belakang	1
B. Rumusan Masalah	5
C. Tujuan Penelitian	5
D. Manfaat Penelitian	5
E. Struktur Organisasi Penelitian	6
BAB II KAJIAN PUSTAKA.....	7
A. Perkembangan Olahraga Gulat Putri di Indonesia.....	7
B. Latihan Kekuatan (<i>Weight Training</i>).....	13
C. Latihan <i>Kettlebell</i>	18
D. <i>Handgrip</i>	22
E. Penelitian Relevan	24
F. Kerangka Berpikir.....	27
G. Hipotesis	28
BAB III METODE PENELITIAN	29
A. Metode Penelitian.....	29
B. Desain Penelitian.....	29
C. Populasi dan Sampel	30
D. Instrumen Penelitian.....	31

Ari Dwi Riyatna, 2021

PENGARUH LATIHAN KETTLEBELL MENGGUNAKAN METODE SET SYSTEM TERHADAP PENGEMBANGAN MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU DAN HANDGRIP PADA ATLET GULAT PUTRI

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E. Perlakuan.....	31
F. Analisis Data	34
BAB IV TEMUAN DAN PEMBAHASAN	35
A. Temuan.....	35
B. Pembahasan.....	39
BAB V SIMPULAN, IMPLIKASI DAN SARAN	45
A. Simpulan	45
B. Implikasi.....	45
C. Saran.....	45
DAFTAR PUSTAKA	47
LAMPIRAN.....	53

DAFTAR TABEL

	Halaman
Tabel 2.1 Kelas Pertandingan	9
Tabel 3.1 Program Latihan <i>Kettlebell</i>	32
Tabel 4.1 Deskripsi Statistik	35
Tabel 4.2 Uji Normalitas.....	36
Tabel 4.3 Uji Hipotesis	36

DAFTAR GAMBAR

	Halaman
Gambar 2.1 <i>Kettlebell Swing</i>	19
Gambar 2.2 <i>Goblet Squat</i>	20
Gambar 2.3 <i>Turkish Get-Up</i>	20
Gambar 2.4 <i>Kettlebell Press</i>	21
Gambar 2.5 <i>Clean</i>	21
Gambar 2.6 <i>Snatch</i>	22
Gambar 3.1 Desain Penelitian.....	30
Gambar 4.1 Grafik Persentase Hasil Kelompok Eksperimen	37
Gambar 4.2 Grafik Persentase Hasil Kelompok Kontrol.....	39

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PENGARUH LATIHAN KETTLEBELL MENGGUNAKAN METODE SET SYSTEM TERHADAP PENGEMBANGAN MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU DAN HANDGRIP PADA ATLET GULAT PUTRI

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Ari Dwi Riyatna, 2021

PENGARUH LATIHAN KETTLEBELL MENGGUNAKAN METODE SET SYSTEM TERHADAP PENGEMBANGAN MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU DAN HANDGRIP PADA ATLET GULAT PUTRI

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Ari Dwi Riyatna, 2021

PENGARUH LATIHAN KETTLEBELL MENGGUNAKAN METODE SET SYSTEM TERHADAP PENGEMBANGAN MASSA OTOT, DAYA TAHAN KEKUATAN OTOT BAHU DAN HANDGRIP PADA ATLET GULAT PUTRI

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