

**PERBEDAAN PENGARUH PEMBERIAN DOSIS KAFEIN TERHADAP
HOCKEY SKILL PERFORMANCE PADA ATLET HOKI SAAT KONDISI
LELAH**

TESIS

diajukan untuk memenuhi salah satu syarat mendapatkan gelar
magister pendidikan



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**PROGRAM STUDI PENDIDIKAN OLAH RAGA
SEKOLAH PASCA SARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
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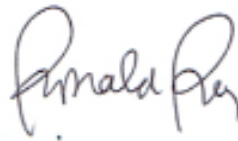
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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh
gelar Magister Pendidikan pada Program Studi Pendidikan Olahraga

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KATA PENGANTAR

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Penulisan tesis dengan judul tersebut merupakan hasil penelitian eksperimen mengenai pengaruh kafein terhadap kelelahan pada olahraga hoki. Tesis ini disusun sebagai salah satu syarat untuk memperoleh gelar Magister Pendidikan pada Program Studi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

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Bandung, 20 Januari 2022

Penulis



Abdurahman Bakti

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Abdurahman Bakti

Perbedaan Pengaruh Pemberian Dosis Kafein Terhadap *Hockey Skill Performance* Pada Atlet Hoki Saat Kondisi Lelah

ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh pemberian dosis kafein terhadap *hockey skill performance* pada atlet hoki saat kondisi lelah. Metode eksperimen dengan desain repeated measure dilakukan terhadap 10 atlet putra UKM Hoki UPI. Instrumen yang digunakan untuk mengukur *hockey skill performance* terdiri dari dua, yaitu *Hockey Slalom Sprint Dribble Test* dan *Chapman Ball Handling Test*. Perlakuan berupa pemberian kafein dosis rendah, dosis tinggi dan placebo serta latihan hoki diberikan kepada sampel. Untuk mengetahui perbedaan yang signifikan antar kelompok, analisis ANOVA satu jalur dan uji *Post Hoc* digunakan. Hasil penelitian menunjukkan bahwa terdapat perbedaan pengaruh yang signifikan pemberian kafein dosis rendah (50 mg), dosis tinggi (200 mg), dan placebo terhadap *hockey skill performance* pada atlet hoki saat kondisi lelah. Dapat disimpulkan bahwa ketiga perlakuan memberikan pengaruh yang berbeda-beda, namun kafein dosis rendah (50 mg) dengan placebo dapat dinyatakan memberikan pengaruh yang serupa. Selain itu juga, kafein dosis tinggi (200 mg) memberikan pengaruh yang lebih baik dari pada kafein dosis rendah (50 mg) dan placebo terhadap *hockey skill performance* pada atlet hoki saat kondisi lelah.

Kata Kunci: Kafein, Dosis Tinggi, Dosis Rendah, *Hockey Skill Performance*, Atlet Hoki

Differences of the Effect of Caffeine Dosage on Hockey Skill Performance on Hockey Athletes During Fatigue

ABSTRACT

This study aims to determine the difference in the effect of caffeine dosage on hockey skill performance in hockey athletes when they are tired. The experimental method with a repeated measure design was carried out on 10 male athletes of UKM Hockey UPI. The instrument used to measure hockey skill performance consists of two, namely the Hockey Slalom Sprint Dribble Test and the Chapman Ball Handling Test. Treatments in the form of low-dose caffeine, high-dose and placebo and hockey training were given to the sample. To find out the significant differences between groups, one-way ANOVA analysis and Post Hoc test were used. The results showed that there were significant differences in the effect of low dose caffeine (50 mg), high dose (200 mg), and placebo on hockey skill performance in hockey athletes when they were tired. It can be concluded that the three treatments had different effects, but a low dose (50 mg) of caffeine with a placebo could be stated to have a similar effect. In addition, high doses (200 mg) of caffeine have a better effect than low doses (50 mg) of caffeine and placebo on hockey skill performance in hockey athletes when they are tired.

Keywords: *Caffeine, High Dose, Low Dose, Hockey Skill Performance, Hockey Athlete*

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