

**PENERAPAN MODEL PERIODISASI *REVERSE* TERHADAP
PENINGKATAN KEMAMPUAN *POWER* OTOT TUNGKAI**

SKRIPSI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh
gelar Sajana Pendidikan Kepelatihan Olahraga



oleh

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UNIVERSITAS PENDIDIKAN INDONESIA
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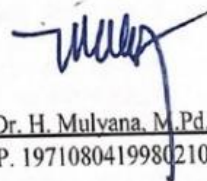
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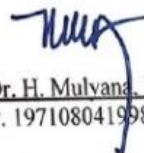
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ABSTRAK
**PENERAPAN MODEL PERIODISASI *REVERSE* TERHADAP
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Prestasi terbaik merupakan tujuan setiap atlet setelah melakukan pelatihan, hal tersebut ditunjang dengan perencanaan latihan dan kondisi fisik yang baik. Namun dalam pelaksanaannya banyak pelatih yang belum mengetahui bahkan hanya menggunakan model periodisasi tradisional dalam pelatihan, sedangkan banyak model periodisasi yang dapat diterapkan salah satunya adalah periodisasi terbalik atau non tradisional. Tujuan penelitian ini untuk mengetahui “Penerapan Model Periodisasi *Reverse* Terhadap Peningkatan Kemampuan *Power* Otot Tungkai”. Metode penelitian yang digunakan adalah metode penelitian eksperimen dengan menggunakan *One Group Pre-Test Post-Test Design*. Teknik pengumpulan data dilakukan dengan memberikan tes awal/pre-test kepada satu kelompok yang disebut kelompok eksperimen. Penelitian dilakukan selama 4 minggu sebanyak 12 pertemuan. Pelaksanaan penelitian ini menggunakan metode latihan sikuit dengan 12 jumlah bentuk latihan. Populasi dalam penelitian ini adalah atlet UKM Futsal Putri UPI yang terlatih dan aktif berjumlah 20 orang. Sampel yang digunakan sebanyak 14 orang atlet menggunakan pendekatan *purposive sampling*. Instrumen tes yang digunakan dalam penelitian ini adalah *vertical jump test*. Uji analisis data menggunakan uji *paired sample t-test* dengan aplikasi komputer IBM SPSS versi 25.0. Hasil analisis menunjukkan terdapat perbedaan yang signifikan antara *pretest* dan *posttest* pada variabel *vertical jump test* dengan nilai *sig. (2-tailed)* sebesar $0,002 < 0,05$. Dari data hasil penelitian dapat disimpulkan bahwa terdapat pengaruh yang signifikan penerapan model periodisasi *reverse* terhadap peningkatan kemampuan *power* otot tungkai.

Kata kunci : Periodisasi reverse, Kemampuan daya ledak, Otot tungkai

ABSTRACT

THE APPLICATION OF REVERSE PERIODIZATION MODEL FOR IMPROVING LEG MUSCLES POWER ABILITY

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The best achievement is the goal of every athlete after training, this is supported by training planning and good physical condition. However in practice many trainers do not know and even only use the traditional periodization model in training, while there are many periodization models that can be applied, one of which is reverse or non-traditional periodization. The purpose of the study was to determine "The Application of Reverse Periodisation Model for Improving Leg Muscles Power Ability." The research method used is an experimental research method using One Group Pre-test Post-Test Design . The data collection technique was carried out by giving an initial test / pre-test to a group called the experimental group. Then given treatment with reverse periodization training and circuit training methods exercises. The study was conducted for 4 weeks with 12 meetings. The study using a 12-form exercise method for circuit training. The population in this study is female UPI futsal trained and active athlete, totalling 20 people. The sample used as many as 14 individual athletes used a purposive sampling approach. The test instrument used in this study is the vertical jump test. Data analysis using Paired Sample T-test with the IBM SPSS version 25.0 computer application. The results of the analysis show that there is a significant between pre-test and post-test on the vertical jump test with sig. (2-tailed) $0,002 < 0,05$. The results may be concluded that there is a significant impact of applying the reverse periodisation model to increased leg muscles power ability.

Keyword: Reverse periodization, Power, Leg muscle

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