

**PENGARUH *INTERVAL TRAINING* TERHADAP PENINGKATAN  
KAPASITAS ANAEROB BERKAITAN DENGAN PERFORMA ATLET  
PENCAK SILAT**

**TESIS**

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



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## **Pengaruh *Interval Training* terhadap Peningkatan Kapasitas Anaerobik berkaitan dengan Performa Atlet Pencak Silat**

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### **ABSTRAK**

Prestasi seorang atlet pencak silat diharapkan meningkat, apabila didukung kapasitas anaerobik yang baik serta program yang diberikan sesuai dengan kebutuhan yaitu program interval training. Tujuan penelitian ini untuk mengetahui pengaruh *interval training* terhadap peningkatan kapasitas anaerobik berkaitan dengan performa atlet pencak silat. Penelitian ini menggunakan metode *ex post facto*. Sampel dalam penelitian ini adalah Atlet Pencak Silat Jawa Barat yang menghadapi PON XX tahun 2020 di Papua berjumlah 20 orang dengan usia (26.25+4.216), tinggi badan (170.70+3.658), berat badan (64.50+11.048), pengalaman latihan (8.35+3.602). Teknik pengambilan sampel menggunakan total sampling. Instrumen tes merujuk pada *Running Anaerobic Sprint Test* (RAST) untuk mengukur kapasitas anaerob dengan lama latihan selama 6 minggu. Teknik analisis data menggunakan analisis statistika dengan uji t dan uji r berbantuan SPSS 25. Hasil penelitian menunjukkan terdapat pengaruh *interval training* terhadap kapasitas anaerobik berkaitan dengan performa atlet pencak silat. Hal ini dibuktikan dengan hasil uji t menunjukkan bahwa nilai kapasitas anaerobik memiliki sig (2-tailed)  $0,029 < 0,05$ . Hasil uji r menunjukkan nilai signifikansi  $0.000 < 0.05$  artinya terdapat hubungan yang berarti antara kapasitas anaerob atlet pencak silat dengan performa setelah dilakukan *interval training*.

Kata kunci: Anaerobik, atlet pencak silat, *interval training*, performa.

***The Effect of Interval Training on Anaerobic Capacity Improvement related to the Performance of Pencak Silat Athletes***

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**ABSTRACT**

*The achievement of a pencak silat athlete is expected to increase, if it is supported by good anaerobic capacity and the program is provided according to the needs, namely the interval training program. The purpose of this study was to determine the effect of interval training on increasing anaerobic capacity related to the performance of pencak silat athletes. This research uses ex post facto method. The sample in this study were Pencak Silat Athletes West Java regional facing the XX PON in 2020 in Papua totaling 20 people with age (26.25+4.216), height (170.70+3.658), weight (64.50+11.048), experience practice (8.35+3.602). The sampling technique used was total sampling. The test instrument refers to the Running Anaerobic Sprint Test (RAST) to measure anaerobic capacity with 6 weeks of exercise. The data analysis technique used statistical analysis with t test and r test assisted by SPSS 25. The results showed that there was an effect of interval training on anaerobic capacity related to the performance of pencak silat athletes. This is evidenced by the results of the t test showing that the anaerobic capacity value has a sig (2-tailed)  $0.029 < 0.05$ . The results of the r-test showed a significance value of  $0.000 < 0.05$ , meaning that there was a significant relationship between the anaerobic capacity of pencak silat athletes and their performance after interval training.*

*Keywords: Anaerobic, pencak silat athlete, interval training, performance.*

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