PROFIL ANTROPOMETRIK ATLET SENAM TERHADAP PERFORMA (STUDI EX POST FACTO PADA ATLET SENAM)

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana Pendidikan pada Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Pendidikan Olahraga dan Kesehatan, Universitas Pendidikan Indonesia

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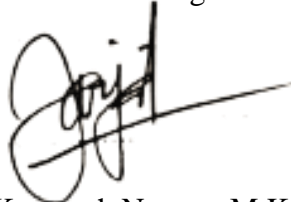
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ABSTRAK

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Cabang olahraga senam merupakan salah satu cabang yang membutuhkan komposisi postur tubuh yang tepat untuk menunjang performa terbaiknya. Penelitian ini bertujuan untuk menganalisis pengaruh profil antropometrik terhadap performa atlet senam. Alasan dilaksanakannya penelitian ini dengan maksud agar setiap pelatih maupun atlet mengetahui profil antropometrik atlet senam untuk meningkatkan performa atlet pada kejuaraan. Metode yang digunakan dalam penelitian ini adalah studi expost facto. Subjek penelitian adalah *Youth Athlete* senam Jawa Barat yang berjumlah 17 atlet dengan rata-rata usia atlet 19,7, Teknik pengambilan sampel yang digunakan oleh penulis yaitu teknik sampling jenuh. Instrumen yang digunakan adalah tes pengukuran antropometrik dan tes performa senam yang mengacu pada Code of Points (COP) yang ditetapkan oleh Federation International of Gymnastics (FIG). Hasil penelitian menunjukan bahwa terdapat korelasi yang signifikan antara profil antropometrik terhadap performa atlet. Pengaruh variabel korelasi antropometrik adalah: tinggi badan sebesar 0.678, berat badan sebesar 0.487, IMT sebesar -0.777, LiLA sebesar 0.605 dan lingkar perut sebesar -0.513. Dan ditunjukkan dengan nilai taraf signifikansi tinggi badan terhadap performa senam sebesar $.003 < 0.05$, berat badan terhadap performa senam sebesar $.047 < 0.05$, IMT terhadap performa senam sebesar $0 < 0.05$, Lingkar Lengan Atas terhadap performa senam sebesar $.010 < 0.05$ dan lingkar perut terhadap performa senam sebesar $.035 < 0.05$. Kesimpulan penelitian ini menunjukan bahwa adanya pengaruh antropometrik yang signifikan terhadap performa dari atlet senam.

Kata Kunci: Profil Antropometrik, Performa, Senam

ABSTRACT
Anthropometric Profile of Gymnastics Athletes on Performance

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Sport is a branch that requires the right composition of body posture to support its best performance. This study aims to analyze the effect of anthropometric profiles on the performance of gymnastics athletes. The reason for carrying out this research is that every coach and athlete knows the anthropometric profile of gymnastics athletes to improve the athlete's performance in the mind. The method used in this research is an ex post facto study. The subject of this research is Youth Athletes Gymnastics West Java which collects 17 athletes with an average age of 19.7 athletes. The sampling technique used by the author is saturated sampling technique. The instruments used are anthropometric measurement tests and gymnastics performance tests that refer to the Code of Points (COP) set by the International Federation of Gymnastics (FIG). The results showed that there was a significant correlation between anthropometric profiles on athlete performance. The influence of anthropometric correlation variables are: height of 0.678, weight of 0.487, BMI of -0.777, UAC of 0.605 and abdominal circumference of -0.513. And indicated by the level of significance level of height on performance gymnastics $.003 < 0.05$, weight on performance gymnastics $.047 < 0.05$, BMI on performance gymnastics $0 < 0.05$, Upper Arm Circumference to performance gymnastics $.010 < 0.05$ and abdominal circumference on performance gymnastics $.035 < 0.05$. The conclusion of this study shows that there is a significant anthropometric influence on the performance of gymnastics athletes.

Keywords: Anthropometric Profile, Performance, Gymnastics

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Motivasi, D. A. N., Terhadap, B., & Tahan, D. (2012). ISSN 2527-760X (Print) ISSN 2528-584X (Online) PERBANDINGAN SENAM AEROBIK MIX IMPACT DENGAN SENAM SKJ CARDIORESPIRATORY Novi Soraya Universitas Siliwangi Email : sorayanovi14@gmail.com ABSTRAK Journal Sport Area Penjaskesrek FKIP Universitas Islam Ria, *63*(3), 63–75.

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