PERBANDINGAN PENGARUH LATIHAN *DRYLAND SWIMMING WORKOUT* DENGAN O7W TERHADAP KECEPATAN RENANG 50 METER GAYA BEBAS DAN 200 METER GAYA GANTI

TESIS

Diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar *Magister* Pendidikan Olahraga Konsentrasi Pendidikan Jasmani

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UPI Bandung, 2022

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan (M.Pd) pada Sekolah Pascasarjana UPI

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Abstrak

Yuniarti Sani Damayanti (2002427). Perbandingan pengaruh latihan *dryland swimming workout* dengan O7W terhadap kecepatan renang 50 meter gaya bebas dan 200 meter gaya ganti. Tesis (2022).

Latihan *dryland* merupakan latihan darat yang dilakukan oleh atlet renang guna menunjang performa renangnya. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh latihan renang melalui latihan *dryland swimming workout* dengan O7W terhadap kecepatan renang 50 meter gaya bebas dan 200 meter gaya ganti dan mengetahui pengaruh yang lebih baik dari latihan *dryland swimming workout* dengan O7W. Metode dalam penelitian ini menggunakan kuasi eksperimen dengan desain penelitian *two group pretest and posttest design*. Penelitian ini dilakukan pada atlet-atlet di klub renang Galunggung Aquatic Club (GAC) Tasikmalaya dengan jumlah populasi 36 orang. Dalam penelitian ini pengambilan sampel menggunakan teknik pengambilan *purposive sampling* sebanyak 10 orang, yang terbagi ke dalam 2 kelompok. Masing-masing kelompok berjumlah 5 orang. Instrumen yang digunakan dalam penelitian ini yaitu tes renang gaya bebas dengan jarak 50 meter dan tes renang gaya ganti dengan jarak 200 meter. Teknik analisis menggunakan pendekatan statistik parametrik, diperoleh hasil penelitian bahwa 1) Terdapat pengaruh yang signifikan dari latihan *dryland swimming workout* terhadap kecepatan renang 50 meter dengan nilai $t_{hitung} = 4{,}347 > t_{tabel} = 2{,}131$ nilai Sig. (2-tailed) = 0,012 < α = 0,05. 2) Tidak terdapat pengaruh yang signifikan dari O7W terhadap kecepatan renang 50 meter gaya bebas dengan nilai $t_{hitung} = 1{,}706 < t_{tabel} = 2{,}131$ nilai Sig. (2-tailed) = 0,163 > α = 0,05. 3) Terdapat perbedaan pengaruh dari latihan *dryland swimming workout* dengan O7W terhadap kecepatan renang 50 meter gaya bebas. 4) Terdapat pengaruh yang signifikan dari latihan *dryland swimming workout* terhadap kecepatan renang 200 meter gaya ganti dengan nilai t_{hitung} 4,803 > $t_{tabel} = 2{,}131$; (df) = 4; Sig. (2-tailed) = 0,009 < α = 0,05. 5) Terdapat pengaruh yang signifikan dari latihan O7W terhadap kecepatan renang 200 meter gaya ganti dengan nilai t_{hitung} 3,336 > $t_{tabel} = 2{,}131$; Sig. (2-tailed) = 0,029 < α = 0,05. 6) Terdapat perbedaan pengaruh dari latihan *dryland swimming workout* dengan O7W terhadap kecepatan renang 200 meter gaya ganti.

Keywords : latihan darat, O7W, kecepatan renang gaya bebas, gaya ganti

Abstract

Yuniarti Sani Damayanti (2002427). *Effect of exercise through dryland swimming workout and O7W on swimming speed of 50 meters freestyle and 200 meters individual medley*. *Thesis* (2022).

Dryland exercise is a land exercise carried out by swimming athletes to support their swimming performance. The purpose of this study was to determine the effect of swimming exercise through dryland swimming workout with O7W on swimming speed of 50 meters freestyle and 200 meter medley and determine the better effect of dryland swimming workout with O7W. The method in this study used a quasi-experimental research design with a two group pretest and posttest design. This research was conducted on athletes at the Galunggung Aquatic Club (GAC) Tasikmalaya swimming club with a population of 36 people. In this study, the sample was taken using purposive sampling technique as many as 10 people, which were divided into 2 groups. Each group consists of 5 people. The instruments used in this study were the freestyle swimming test with a distance of 50 meters and the medley swimming test with a distance of 200 meters. The analysis technique used a parametric statistical approach, the results showed that 1) There was a significant effect of the dryland swimming workout on swimming speed of 50 meters with tcount = 4,347 > ttable = 2,131 Sig value. (2-tailed) = 0.012 < = 0.05. 2) There is no significant effect of O7W on swimming speed of 50 meters freestyle with tcount = 1,706 < ttable = 2,131 Sig value. (2-tailed) = 0.163 > = 0.05. 3) There is a difference in the effect of the dryland swimming workout with O7W on the 50 meter freestyle swimming speed. 4) There is a significant effect of the dryland swimming workout on the 200 meter medley swimming speed with tcount 4.803 > ttable = 2.131; (df) = 4; Sig. (2-tailed) = 0.009 < = 0.05. 5) There is a significant effect of O7W exercise on the speed of swimming in the 200 meter medley with a value of tcount 3,336 > ttable = 2,131; Sig. (2-tailed) = 0.029 < = 0.05. 6) There is a difference in the effect of the dryland swimming workout with O7W on the 200 meter medley swimming speed.

***Keywords**: ground training, O7W, freestyle swimming speed, individual medley*

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