

**PERBEDAAN EFEK PEMANASAN STATIS VS. DINAMIS DAN DUKUNGAN
VO₂MAX TERHADAP OPTIMALISASI KEMAMPUAN *REPEATED SPRINT ABILITY*
(RSA) PADA ATLET FUTSAL**

SKRIPSI

Diajukan Untuk Memenuhi Sebagian Syarat Untuk Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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Sebuah skripsi yang di ajukan untuk memenuhi salah satu syarat memperoleh gelar Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan.

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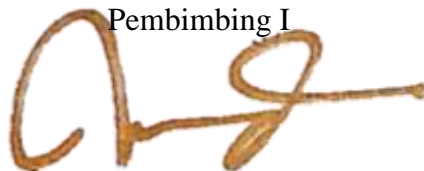
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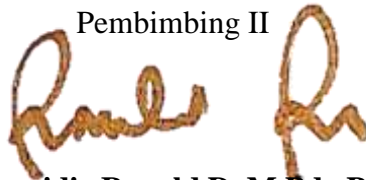
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ABSTRAK

PERBEDAAN EFEK PEMANASAN STATIS VS. DINAMIS DAN DUKUNGAN VO2MAX TERHADAP OPTIMALISASI KEMAMPUAN *REPEATED SPRINT ABILITY* (RSA) ATLET FUTSAL

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Futsal merupakan olahraga tim yang menuntut fisik, dimana gerakan yang mendominasi dilakukan pemain adalah berlari. Dengan kata lain salah penentu keberhasilan olahraga futsal didukung oleh kemampuan berlari pemainnya, termasuk kemampuan berlari berulang (*repeated sprint ability*). Selain itu, diyakini pemanasan yang tepat dapat memberikan efek optimal pada performa sprint pemain. Tujuan dari penelitian ini adalah untuk menguji efek yang diberikan dari protokol pemanasan statis *versus* dinamis terhadap performa *Repeated Sprint Ability* (RSA). Digunakan metode studi deskriptif dengan pendekatan kuantitatif. Pengambilan sampel menggunakan teknik *non probability sampling*. Sepuluh atlet putra Mahasiswa Ilmu Keolahragaan angkatan 2022 (usia = 18.30 ± 0.48 ; massa tubuh (kg) = 63.84 ± 8.60 ; tinggi badan (cm) = 165.85 ± 6.15) direkrut sebagai partisipan. Ada tiga kali pengujian yaitu ; (1) pengujian kapasitas VO2Max dengan instrument *balke test*; (2) protokol pemanasan statis dan (3) protokol pemanasan dinamis diikuti instrument *RSA-Test*. Data dianalisis dengan menggunakan bantuan software SPSS versi 21, yaitu menggunakan *Paired Sample T-Test* dan *Pearson Correlation*. Hasilnya menunjukkan bahwa terdapat perbedaan yang signifikan antara pemanasan statis dengan dinamis terhadap power rata-rata RSA, tidak terdapat perbedaan yang signifikan terhadap indeks kelelahan RSA dan untuk dukungan VO2Max ditemukan tidak terdapat pengaruh yang signifikan terhadap optimalisasi kemampuan RSA.

Kata Kunci : Futsal, Pemanasan Statis, Pemanasan Dinamis, *Repeated Sprint Ability* (RSA), VO2Max

ABSTRACT

DIFFERENCES EFFECT OF STATIC VS. DYNAMIC WARM-UP AND VO2MAX SUPPORT TO THE OPTIMIZATION OF REPEATED SPRINT ABILITY (RSA) OF FUTSAL ATHLETES

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Futsal is a physically demanding team sport, where the movement that dominates the players is running. In other words, one of the determinants of the success of futsal is supported by the ability of the players to run, including the repeated sprint ability (RSA). In addition, it is believed that proper warm-up can have an optimal effect on a player's sprint performance. The purpose of this study was to examine the effect of static versus dynamic warm-up protocols on Repeated Sprint Ability (RSA) performance. Descriptive study method is used with a quantitative approach. Sampling using non-probability sampling technique. Ten male athletes of Sports Science Students class of 2022 (age = 18.30 ± 0.48 ; body mass (kg) = 63.84 ± 8.60 ; height (cm) = 165.85 ± 6.15) were recruited as participants. There are three times of testing ; (1) testing the VO2Max capacity with a balke test instrument; (2) static warm-up protocol and (3) dynamic warm-up protocol followed by the RSA-Test instrument. Data were analyzed using SPSS software version 21, using the Paired Sample T-Test and Pearson Correlation. The results show that there is a significant difference between static and dynamic warm-up on the average power of the RSA, there is no significant difference in the fatigue index of the RSA and for VO2Max support it is found that there is no significant effect on optimizing the ability of the RSA.

Keyword : Futsal, Static Warm-Up, Dynamic Warm-Up, Repeated Sprint Ability (RSA), VO2Max

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