

DAMPAK *UNDULATING PERIODIZATION* DAN VO_2 MAX TERHADAP
KEMAMPUAN ANAEROBIK PADA PEMAIN FUTSAL WANITA

DISERTASI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Doktor
Pendidikan Olahraga pada Program Studi Pendidikan Olahraga



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ABSTRAK

DAMPAK *UNDULATING PERIODIZATION* DAN VO_2 MAX TERHADAP KEMAMPUAN ANAEROBIK PADA PEMAIN FUTSAL WANITA

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Penelitian ini bertujuan mengkaji dampak *undulating periodisasi* dan VO_2 max terhadap kemampuan anaerobik pemain futsal wanita. Metode penelitian yang digunakan desain faktorial 2x2. Variabel bebas yaitu *undulating periodisasi* dan Variabel moderator yaitu VO_2 max, variabel terikat adalah kemampuan anaerobik. Terdapat empat kelompok eksperimen yang diantaranya kelompok VO_2 max tinggi dengan *daily undulating Periodisasi* (X1Y1), kelompok VO_2 max rendah dengan *daily undulating periodisasi* (X2Y2), kelompok VO_2 max tinggi dengan *weekly undulating periodisasi* (X1Y2), kelompok VO_2 max rendah dengan *weekly undulating periodisasi* (X2Y2). Analisis data dalam penelitian ini menggunakan analisis statistik Two-way ANOVA. kesimpulan penelitian ini menunjukkan bahwa tanpa memperhatikan tingkat VO_2 max atlet, terdapat pengaruh yang tidak signifikan antara *undulating periodisasi* baik itu model DUP maupun model WUP terhadap peningkatan kemampuan anaerobik pada pemain futsal wanita, tidak terdapat perbedaan pengaruh yang signifikan antara DUP dan WUP terhadap peningkatan kemampuan anaerobik pada pemain futsal wanita. terdapat interaksi antara *undulating periodisasi* dengan VO_2 max yang memberikan perbedaan pengaruh yang signifikan terhadap peningkatan kemampuan anaerobik pada pemain futsal wanita. Terdapat perbedaan pengaruh yang signifikan antara model DUP dan WUP terhadap peningkatan kemampuan anaerobik pada pemain futsal wanita dalam kondisi VO_2 max tinggi maka model DUP lebih efektif dalam peningkatan kemampuan anaerobik pada pemain futsal wanita dibandingkan dengan model WUP. Tidak terdapat perbedaan pengaruh yang signifikan antara model DUP dan WUP terhadap peningkatan kemampuan anaerobik pada pemain futsal wanita dalam kondisi VO_2 max rendah.

Kata Kunci: *Futsal, Periodization, Periodized, Undulating Periodized, Anaerobic, Anaerobic Ability, Human*

ABSTRACT

THE IMPACT OF UNDULATING PERIODIZATION AND VO₂MAX ON ANAEROBIC ABILITY IN WOMEN FUTSAL PLAYERS

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This study examines the impact of undulating periodization and VO₂max on the anaerobic abilities of female futsal players. The research method used is a 2x2 factorial design. The independent variable is undulating periodization and the moderator variable is VO₂max, the dependent variable is anaerobic ability. There are four experimental groups, including the high VO₂max group with daily undulating periodization (X1Y1), low VO₂max group with daily undulating periodization (X2Y2), high VO₂max group with weekly undulating periodization (X1Y2), low VO₂max group with weekly undulating periodization (X2Y2). Data analysis in this study used two-way ANOVA statistical analysis. The conclusion of this study shows that regardless of the athlete's VO₂max level, there is no significant effect between the undulating periodization of both the DUP model and the WUP model on increasing anaerobic ability in women futsal players, there is no significant difference in effect between DUP and WUP on increasing anaerobic ability in women futsal player. there is an interaction between undulating periodization and VO₂max which gives a significant difference in effect on increasing anaerobic abilities in women futsal players. There is a significant difference in the effect of the DUP and WUP models on increasing the anaerobic abilities of women futsal players under high VO₂max conditions, so the DUP model is more effective in increasing the anaerobic abilities of women futsal players compared to the WUP model. There is no significant difference in the effect of the DUP and WUP models on the increase in anaerobic ability of women futsal players under low VO₂max conditions.

Keywords: *Futsal, Periodization, Periodized, Undulating Periodized, Anaerobic, Anaerobic Ability, Human*

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