

ABSTRAK

WINDI NAULLY. Pengaruh Program Latihan Bola Basket dan Konsumsi Kopi Terhadap Daya Tahan Cardiovascular Atlet Basket Kabupaten Bener Meriah. Tesis. Medan: Program Pascasarjana Universitas Negeri Medan. April 2021

Penelitian ini bertujuan untuk mengetahui perbedaan dampak pemberian program latihan bola basket dan konsumsi kopi dengan program latihan bola basket dan tidak konsumsi kopi terhadap daya tahan *cardiovascular* atlet basket Kabupaten Bener Meriah. Penelitian ini menggunakan metode eksperimen. Pengambilan sampel dilakukan dengan teknik *total sampling* berjumlah 30 sampel yang dibagi menjadi dua kelompok yaitu dengan menggunakan teknik *matching by fairing*. Hasil penelitian ini yaitu, output pair 1 diperoleh nilai sig. (2- tailed) sebesar $0,000 < 0,05$ maka dapat disimpulkan ada perbedaan rata-rata hasil daya tahan *cardiovascular* untuk Pre Test Kelompok Eksperimen dengan Post Test Kelompok Eksperimen. Output pair 2 diperoleh nilai sig. (2- tailed) sebesar $0,000 < 0,05$ maka dapat disimpulkan ada perbedaan rata-rata hasil daya tahan *cardiovascular* untuk Pre Test Kelompok Kontrol dengan Post Test Kelompok Kontrol. Terjadi peningkatan hasil rata-rata pre test kelompok eksperimen 36,34 dan post test kelompok eksperimen 40,08, hasil *Independent Samples Test* di peroleh hasil $0,828 > 0,05$ maka dapat disimpulkan tidak ada perbedaan rata-rata hasil daya tahan *cardiovascular* untuk *Post Test* kelompok eksperimen dengan *Post Test* kelompok Kontrol. Kesimpulan penelitian ini yaitu, terdapat pengaruh yang signifikan dari pemberian program latihan bola basket dan tidak konsumsi kopi terhadap daya tahan *cardiovascular* atlet basket Kabupaten Bener Meriah. Terdapat pengaruh yang signifikan dari pemberian program latihan bola basket dan konsumsi kopi terhadap daya tahan *cardiovascular* atlet basket Kabupaten Bener Meriah. Tidak terdapat perbedaan pengaruh yang signifikan dari dampak pemberian program latihan bola basket dan konsumsi kopi dengan program latihan bola basket dan tidak konsumsi kopi terhadap daya tahan *cardiovascular* atlet basket Kabupaten Bener Meriah.

Kata Kunci : Bola Bakset, Konsumsi Kopi, Program Latihan.

ABSTRACT

WINDI NAULLY. The Effect of Basketball Training Program and Coffee Consumption on Cardiovascular Endurance for Basketball Athletes in Bener Meriah Regency. Thesis. Medan: Postgraduate Program Universitas Negeri Medan. April 2021

This study aims to determine the difference in the impact of giving a basketball training program and coffee consumption with a basketball training program and not consuming coffee on the cardiovascular endurance of basketball athletes in Bener Meriah Regency. This research is using experimental method. Sampling was carried out with a total sampling technique of 30 samples which were divided into two groups, namely by using the matching by fairing technique. The results of this study, namely, the output pair 1 obtained the value of sig. (2-tailed) of $0.000 < 0.05$, it can be concluded that there is a difference in the average results of cardiovascular endurance for the Pre-Test of the Experimental Group and the Post-Test of the Experimental Group. Output pair 2 obtained sig value. (2-tailed) of $0.000 < 0.05$, it can be concluded that there is a difference in the average results of cardiovascular endurance for the Pre-Test of the Control Group and the Post-Test of the Control Group. There was an increase in the average results of the experimental group pre-test 36.34 and post-test experimental group 40.08, the results of the Independent Samples Test obtained results of $0.828 > 0.05$, so it can be concluded that there is no difference in the average results of cardiovascular endurance for the Post Test. experimental group with Post Test control group. The conclusion of this study is that there is a significant effect of giving a basketball training program and not consuming coffee on the cardiovascular endurance of basketball athletes in Bener Meriah Regency. There is a significant effect of giving a basketball training program and coffee consumption on the cardiovascular endurance of basketball athletes in Bener Meriah Regency. There is no significant difference in the impact of giving basketball training programs and coffee consumption with basketball training programs and not coffee consumption on the cardiovascular endurance of basketball athletes in Bener Meriah Regency.

Key Word : Basketball, Coffee Consumption, Exercise Program.