ANALISIS SATURASI PERIFER OKSIGEN (spO_2) TERHADAP PROFIL VO_2Max ATLET GIANT FUTSAL KLUB

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ABSTRAK

Daya tahan tubuh *(endurance)* yang kurang baik dapat mempengaruhi VO_2Max yang rendah akan mempengaruhi performa saat pertadingan. Sehingga diperlukan alat bantu, salah satunya dengan melihat saturasi perifer oksigen (spO_2) dengan alat pulse oximeter. Tujuan dari penelitian ini adalah untuk melihat hubungan saturasi perifer oksigen (spO_2) terhadap profil VO_2Max atlet giant futsal klub. Metode yang digunakan adalah kuantitatif , dengan bantuan software SPSS 23.0. jumlah subjek penelitian berjumlah 30 orang atlet futsal giant klub. Teknik pengambilan sampel pada penelitian ini menggunkan total sampling. Hasil analisis kuantitatif menggunakan *statisti korelasi nonparametrik Mann-Whitney U*. Uji hipotesis menggunakan *Mann-Whitney U* menghasilkan nilai sebesar 0,857 (sig > 0,05). Dapat disimpulkan bahwa tidak terdapat hubungan saturasi perifer oksigen (spO_2) dengan profil VO_2Max atlet giant futsal klub. Hasil ini memperlihatkan bahwa nilai saturasi perifer oksigen (spO_2) tidak dapat melihat kualitas profil VO_2Max.

Kata kunci : Saturasi Perifer Oksigen (spO_2), VO_2Max , Atlet Futsal

ANALYSIS OF OXYGEN PERIPHERAL SATURATION (spO_2) TOWARDS VO_2Max PROFILE OF GIANT FUTSAL CLUB ATHLETS

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ABSTRACT

Poor endurance can affect VO_{2max}. Low VO_{2max} will affect performance during the game. So we need a tool, one of them by looking at the peripheral oxygen saturation (spO_2) with a pulse oximeter. The purpose of this study was to examine the relationship between peripheral oxygen saturation (spO_2) and the VO_2Max profile of giant futsal club athletes. The method used is quantitative, with the help of SPSS 23.0 software. the number of research subjects amounted to 30 athletes futsal giant club. The sampling technique in this study uses total sampling. The results of quantitative analysis using the Mann-Whitney U nonparametric correlation statistic. Hypothesis testing using Mann-Whitney U resulted in a value of 0.857 (sig > 0.05). It can be concluded that there is no relationship between peripheral oxygen saturation (spO_2) and the VO_2Max profile of giant futsal club athletes. These results show that the value of peripheral oxygen saturation (spO2) cannot see the quality of the VO_2Max profile.

Keywords : Peripheral Oxygen Saturation (spO2), VO_2Max , Futsal Athlete