

ABSTRAK

ZULPAN SURI. NIM. 6153210036. Analisis Kondisi Fisik Atlet Taekwondo di Klub Taekwondo Dairi Sidikalang 2022. Medan: Fakultas Ilmu Keolahragaan. Universitas Negeri Medan, Mei 2022. (Pembimbing : Deni Rahman Marpaung)

Penelitian ini bertujuan untuk menganalisis kondisi fisik atlet taekwondo Dairi Sidikalang dalam mencapai prestasi tertinggi yang di inginkan. Jenis penelitian adalah *non*-eksperimen dengan teknik pengumpulan data menggunakan metode analisis tes. Subyek penelitian adalah semua atlet Taekwondo baik putra maupun putri yang aktif di dalam klub taekwondo Dairi Sidikalang. Tehnik pengambilan sampling dengan menggunakan tehnik porpusive sampling yang berjumlah 16 atlet. Instrumen kondisi fisik yang digunakan adalah tes: *leg dynamometer*, *back leg dynamometer*, *vertical jump*, *sit and reach*, lari 30 meter, tes *flexibilitas*, dan *sit up*. Tehnik analisis data yang digunakan adalah tehnik analisis deskriptif persentase. Hasil penelitian menunjukkan bahwa kondisi komponen kondisi fisik atlet taekwondo di klub taekwondo Dairi Sidikalang adalah 1) Daya tahan terdapat rerata 8 atlet (50%) dalam kategori kurang, 2) *Power* terdapat rerata 13 atlet (81,25%) dalam kategori kurang sekali, 3) Kecepatan terdapat rerata 16 atlet (100%) dalam kategori kurang sekali, 4) Kekuatan otot tungkai terdapat rerata 13 atlet (81,75%) dalam kategori baik sekali, 5) Kekuatan otot punggung terdapat rerata 7 atlet (43,75%) dalam kategori baik sekali, 6) *Flexibilitas* terdapat rerata 14 atlet (87,5%) dalam kategori baik sekali, 7) kekuatan otot perut terdapat rerata 14 atlet (87,5%) dalam kategori kurang.

Kata kunci: atlet taekwondo Dairi Sidikalang, kondisi fisik.



ABSTRACT

ZULPAN SURI. NIM. 6153210036. Analysis of the Physical Condition of Taekwondo Athletes at the Taekwondo Club Dairi Sidikalang 2022. Medan: Faculty of Sports Science. Medan State University, May 2022. (Supervisor : Deni Rahman Marpaung)

This study aims to analyze the physical condition of taekwondo athlete Dairi Sidikalang in achieving the desired highest achievement. This type of research is non-experimental with data collection techniques using test analysis methods. The research subjects were all Taekwondo athletes, both male and female, who were active in the taekwondo club Dairi Sidikalang. Sampling technique using purposive sampling technique, totaling 16 athletes. The physical condition instruments used were tests: leg dynamometer, back leg dynamometer, vertical jump, sit and reach, 30 meter run, flexibility test, and sit ups. The data analysis technique used is the percentage descriptive analysis technique. The results showed that the components of the physical condition of the taekwondo athletes at the Dairi Sidikalang taekwondo club were 1) Endurance there was an average of 8 athletes (50%) in the poor category, 2) Power there was an average of 13 athletes (81.25%) in the very poor category, 3) Speed has an average of 16 athletes (100%) in the poor category, 4) Leg muscle strength has an average of 13 athletes (81.75%) in very good category, 5) Back muscle strength has an average of 7 athletes (43.75%) in the very good category, 6) Flexibility there is an average of 14 athletes (87.5%) in the very good category, 7) abdominal muscle strength there is an average of 14 athletes (87.5%) in the poor category.

Keywords: taekwondo athlete Dairi Sidikalang, physical condition.

