

ABSTRAK

Lely Angreini (6182121008) “Pengaruh Latihan *Up Hill* dan *Down Hill* Terhadap Peningkatan Hasil Lari 1500 Meter Atlet Pelajar Putra Binaan PASI Kota Medan Tahun 2022”.

(Pembimbing : Dewi Endriani)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2022.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *up hill* dan *down hill* terhadap peningkatan hasil lari 1500 meter atlet Pelajar Putra Binaan PASI Kota Medan Tahun 2022. Metode penelitian yang digunakan dalam penelitian ini adalah metode *eksperiment* dengan jumlah sampel 8 orang dengan desain penelitian menggunakan *one group pretest-posttest design*. Pertama sampel melakukan tes awal (*pre-test*) yaitu lari 1500 meter, kemudian sampel diberikan perlakuan (*treatment*) latihan *up hill* dan latihan *down hill* yang telah disusun, kemudian setelah sampel menjalankan latihan yang terprogram selama 6 minggu, sampel melakukan tes akhir (*post-test*). Hasil analisis pada hipotesis menyatakan, bahwa terdapat pengaruh pada latihan *up hill* dan *down hill* terhadap peningkatan hasil lari 1500 meter atlet Pelajar Putra Binaan PASI Kota Medan Tahun 2022. Hasil uji-t didapat dengan nilai sebesar $T_{hitung} = 3,57321$. Selanjutnya nilai Uji-t tersebut dibandingkan dengan nilai T_{tabel} dengan $dk = n-1$ ($8-1= 7$) pada taraf $\alpha= 0,05$. Sehingga didalam kriteria pengujian hopotesis dinyatakan bahwa pada $T_{hitung} > T_{tabel}$ ($3,57321 > 2,3646$) dengan taraf $\alpha= 0,05$ maka H_0 ditolak dan H_a diterima. Dengan demikian dapat disimpulkan terdapat pengaruh yang signifikan dari latihan *up hill* dan *down hill* terhadap hasil lari 1500 meter atlet Pelajar Putra Binaan Pasi Kota Medan Tahun 2022.

Kata kunci : Latihan *Up Hill* dan *Down Hill*, Hasil Lari 1500 meter, Atletik



ABSTRACT

Lely Angreini (6182121008) “The Effect of Up Hill and Down Hill Training on Increasing 1500 Meters Running Results for Male Student Athletes Assisted by PASI Medan City in 2022”.

(Advisor: Dewi Endriani)

Thesis Medan: Faculty of Sports Science, Unimed 2022.

This study aims to determine the effect of up hill and down hill training on increasing the results of the 1500 meters run for male athletes assisted by PASI Medan City in 2022. The research method used in this research is an experimental method with a sample of 8 people with a research design using one group pretest - post test design. First, the sample carried out an initial test (pre-test), namely running 1500 meters, then the sample was given treatment (treatment) of up hill training and down hill training that had been prepared, then after the sample carried out programmed training for 6 weeks, the sample carried out a final test (post test). The results of the analysis of the hypothesis stated that there was an influence on up hill and down hill training on increasing the results of the 1500 meters run for male athletes assisted by PASI Medan City in 2022. The results of the t-test were obtained with a value of T-count = 3.57321. Furthermore, the t-test value is compared with the T-table value with dk = n-1 (8-1 = 7) at the level $\alpha = 0.05$. So that in the hypothesis testing criteria it is stated that at Tcount > Ttable (3.57321 > 2.3646) with a level of $\alpha = 0.05$ then Ho is rejected and Ha is accepted. This, it can be concluded that there is a significant effect of up hill and down hill training on the results of the 1500 meters run for male athletes under the guidance of PASI Medan City in 2022.

Keywords: Up Hill and Down Hill Training, 1500 meters Running Results, Athletics

