ABSTRAK

Adnan Padlan Saputra Harahap (NIM : 6201121015) "Perbedaan Pengaruh Latihan *Downhill* Running Dan *Uphill* Running Terhadap Kecepatan Lari 100 Meter Putra Umur 16-19 Tahun Poison Atletik Club Tapsel 2025."
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Permasalahan dalam penelitian ini adalah belum optimalnya kemampuan kecepatan lari 100 meter pada atlet putra usia 16–19 tahun di Poison Atletik Club Tapanuli Selatan. Variasi metode latihan seperti *downhill running* dan *uphill running* dinilai dapat memberikan stimulus berbeda untuk meningkatkan performa sprint. Penelitian ini bertujuan untuk mengetahui perbedaan pengaruh antara latihan *downhill running* dan *uphill running* terhadap peningkatan kecepatan lari 100 meter. Metode penelitian yang digunakan adalah eksperimen dengan *rancangan two group pretest-posttest design.* Populasi dalam penelitian ini adalah 20 orang. Sampel penelitian berjumlah 10 atlet yang dibagi menjadi dua kelompok, masing-masing diberi perlakuan latihan *downhill running* dan *uphill running* selama 6 minggu. Data diperoleh melalui tes lari 100 meter sebelum dan sesudah latihan, kemudian dianalisis menggunakan uji-t. Hasil penelitian menunjukkan bahwa baik latihan *downhill running* maupun *uphill running* memberikan pengaruh yang signifikan terhadap peningkatan kecepatan lari 100 meter (hipotesis 1 dan 2 diterima). Namun, berdasarkan hasil uji-t hipotesis ketiga, diperoleh nilai thitung > ttabel yaitu thitung sebesar 6,94 dan ttabel sebesar 2,364 dengan demikian Ha diterima dan Ho ditolak, yang berarti terdapat perbedaan yang signifikan antara kedua kelompok latihan. Latihan *downhill running* memberikan peningkatan kecepatan yang lebih besar dibandingkan uphill running, karena mampu meningkatkan frekuensi langkah dan kecepatan maksimal, sedangkan uphill running lebih berfokus pada penguatan otot tungkai. Kesimpulannya, latihan *downhill running* lebih efektif dalam meningkatkan kecepatan lari 100 meter dibandingkan uphill running. Hasil penelitian ini dapat dijadikan acuan bagi pelatih dan atlet dalam menentukan metode latihan yang tepat untuk meningkatkan performa sprint.

Kata kunci : Downhill Running, Uphill Running, Kecepatan Lari, Sprint 100 Meter

ABSTRACT

Adnan Padlan Saputra Harahap, (NIM : 6201121015) "The Difference In The Effect Of Downhill Running And Uphill Running Training On 100-Meter Sprint Speed Of Male Athletes Aged 16–19 Years At Poison Athletics Club Tapsel 2025."
Undergraduate Thesis. Faculty Of Sports Science. State University Of Medan.
Thesis Supervisor : Drs. Ibrahim Wiyaka M. Kes., AIFO

The problem in this study is the suboptimal 100-meter sprint speed among male athletes aged 16–19 years at the Poison Athletic Club, South Tapanuli. Variations in training methods such as downhill running and uphill running are considered to provide different stimuli to improve sprint performance. This study aims to determine the difference in the effects between downhill running and uphill running on improving 100-meter sprint speed. The research method used was an experimental design with a two-group pretest-posttest model. The population consisted of 20 athletes, and the research sample included 10 athletes divided into two groups. Each group received either downhill running or uphill running training for six weeks. Data were collected through 100-meter sprint tests conducted before and after the training program and analyzed using a t-test. The results showed that both downhill running and uphill running had a significant effect on improving 100-meter sprint speed (hypotheses 1 and 2 accepted). However, based on the t-test results for the third hypothesis, the calculated t-value (6.94) was greater than the critical t-value (2.364), indicating that Ha was accepted and Ho was rejected. This means there was a significant difference between the two training groups. Downhill running produced a greater improvement in sprint speed compared to uphill running, as it increased stride frequency and maximal velocity, while uphill running focused more on strengthening the leg muscles. In conclusion, downhill running training is more effective in improving 100-meter sprint speed compared to uphill running. The results of this study can serve as a reference for coaches and athletes in determining appropriate training methods to enhance sprint performance.

Keywords : Downhill Running, Uphill Running, Sprint Speed, 100-Meter Sprint