

ABSTRAK

FAUZIYYAH TAMBUNAN NIM 622121007. Perbandingan Tingkat VO_2 Max Mahasiswa Ilmu Keolahragaan FIK UNIMED 2024 Berdasarkan Jalur Masuk PTN.

(Pembimbing: Ardi Nusri)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2026

Penelitian ini bertujuan untuk mengetahui dan membandingkan tingkat VO_2 Max mahasiswa Program Studi Ilmu Keolahragaan FIK UNIMED angkatan 2024 berdasarkan jalur masuk perguruan tinggi negeri, yaitu Seleksi Nasional Berdasarkan Prestasi (SNBP), Seleksi Nasional Berdasarkan Tes (SNBT), dan jalur Mandiri. Penelitian menggunakan metode kuantitatif dengan desain survei analitik. Populasi penelitian berjumlah 192 mahasiswa, dengan sampel 152 mahasiswa yang mengikuti pengukuran VO_2 Max menggunakan *Multi-Stage Fitness Test (Bleep Test)*. Data pendukung mengenai aktivitas fisik, pola istirahat, kebiasaan merokok, tempat tinggal, dan status atlet selama libur semester 1 dikumpulkan melalui kuesioner pada sebagian responden. Analisis data dilakukan secara deskriptif dan inferensial menggunakan uji *One-Way ANOVA*. Hasil uji menunjukkan tidak terdapat perbedaan yang signifikan tingkat VO_2 Max berdasarkan jalur masuk PTN ($p = 0,061 > 0,05$). Secara deskriptif, mahasiswa jalur SNBT memiliki rata-rata VO_2 Max tertinggi (37,13 ml/kg/menit), diikuti SNBP (35,12 ml/kg/menit) dan Mandiri (33,52 ml/kg/menit). Berdasarkan hasil pengukuran, mahasiswa jalur SNBP berada pada kategori *Very Poor* (11 orang, 19,6%), *Poor* (22 orang, 39,3%) dan *Fair* (15 orang, 26,8%), *Good* (7 orang, 12,5%), dan *Excellent* (1 orang, 1,8%). Mahasiswa jalur SNBT berada pada kategori *Very Poor* (16 orang, 20,8%), *Poor* (26 orang, 33,8%), *Fair* (25 orang, 32,5%), *Good* (9 orang, 11,7%), dan *Excellent* (1 orang, 1,3%). Sementara itu, mahasiswa jalur Mandiri berada pada kategori *Very Poor* (7 orang, 36,8%), *Poor* (7 orang, 36,8%), dan *Fair* (5 orang, 26,3%), tanpa ada yang mencapai kategori *Good* maupun *Excellent*. Sehingga dapat disimpulkan bahwa jalur masuk PTN bukan faktor utama penentu VO_2 Max, melainkan dipengaruhi oleh aktivitas mahasiswa selama libur semester (Desember-Januari) T.A 2024-2025.

Kata kunci: Jalur Masuk PTN, Mahasiswa Ilmu Keolahragaan, VO_2 Max

ABSTRACT

FAUZIYYAH TAMBUNAN NIM 6221210007. Comparison Of VO₂Max Levels Of Sports Science Students At The Faculty Of Sports Science, Universitas Negeri Medan (FIK UNIMED), Class Of 2024 Based On Public University Admission Pathways.

(Mentor: Ardi Nusri)

Skripsi: Faculty of Sports Science UNIMED 2026

This study aimed to determine and compare the VO₂Max levels of students in the Sports Science Study Program, Faculty of Sports Science, Universitas Negeri Medan (FIK UNIMED), Class of 2024, based on the public university admission pathways, namely the National Selection Based on Achievement (SNBP), the National Selection Based on Test (SNBT), and the Independent (Mandiri) pathway. The study employed a quantitative method with an analytical survey design. The research population consisted of 192 students, with a sample of 152 students who participated in VO₂Max measurements using the Multi-Stage Fitness Test (Bleep Test). Supporting data regarding physical activity, rest patterns, smoking habits, living arrangements, and athlete status during the first semester break were collected through questionnaires from a portion of the respondents. Data analysis was conducted using descriptive and inferential statistics with the non-parametric Kruskal-Wallis test. The results showed that there was no significant difference in VO₂Max levels based on the public university admission pathways ($p = 0,061 > 0.05$). Descriptively, students admitted through the SNBT pathway had the highest mean VO₂Max (37,13 ml/kg/min), followed by SNBP (35,12 ml/kg/min) and the Mandiri pathway (33,52 ml/kg/min). Based on the measurement results, SNBP students were classified under the categories of Very Poor (11 students, 19.6%), Poor (22 students, 39.3%), Fair (15 students, 26.8%), Good (7 students, 12.5%), and Excellent (1 student, 1.8%). SNBT students fell into the categories of Very Poor (16 students, 20.8%), Poor (26 students, 33.8%), Fair (25 students, 32.5%), Good (9 students, 11.7%), and Excellent (1 student, 1.3%). Meanwhile, Mandiri students were distributed across the categories of Very Poor (7 students, 36.8%), Poor (7 students, 36.8%), and Fair (5 students, 26.3%), with none reaching the Good or Excellent categories. It can therefore be concluded that the university admission pathway is not the primary determinant of VO₂ Max levels; rather, it is more influenced by students' physical activities during the semester break (December–January) of the 2024–2025 academic year.

Keywords: University Admission Pathways, Sports Science Students, VO₂Max