

ABSTRAK

Muhammad Abdurrahman Ridwan Isnani NIM. 6212121010 "Pengaruh Latihan *Interval Training* Dan *Fartlek* Terhadap Peningkatan *Vo2max* Pada Atlet Putra Pencak Silat Smk Sinar Husni 2025"

(Pembimbing : Zulfan Heri)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2025

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *interval training* dan *fartlek* terhadap peningkatan *Vo2max* pada atlet putra pencak silat Smk Sinar Husni. *Vo2max* merupakan salah satu komponen fisiologis yang sangat penting dalam menunjang daya tahan dan prestasi atlet pencak silat. Oleh karena itu, diperlukan program latihan yang efektif dan sistematis untuk meningkatkan kapasitas *aerobik* atlet.

Penelitian ini menggunakan pendekatan kuantitatif dengan desain *one group pre-test* dan *post-test*. Subjek penelitian berjumlah 10 atlet putra pencak silat Smk Sinar Husni. Perlakuan yang diberikan berupa program latihan *interval training* dan *fartlek* yang dilaksanakan secara terstruktur selama periode penelitian. Pengukuran *Vo2max* dilakukan menggunakan bleep test, yang diberikan sebelum perlakuan (*pre-test*) dan setelah perlakuan (*post-test*).

Data yang diperoleh dianalisis menggunakan statistik deskriptif dan uji t berpasangan (*paired sample t-test*) setelah memenuhi persyaratan uji normalitas. Hasil analisis deskriptif menunjukkan adanya peningkatan nilai rata-rata *VOmax* dari *pre-test* ke *post-test*. Selanjutnya, hasil pengujian hipotesis menunjukkan bahwa nilai t_{hitung} sebesar 13,20 lebih besar dibandingkan dengan nilai t_{tabel} sebesar 2,262 pada taraf signifikansi 0,05 dengan derajat kebebasan 9. Hasil tersebut menunjukkan bahwa hipotesis nol (H_0) ditolak dan hipotesis alternatif (H_a) diterima.

Berdasarkan hasil penelitian tersebut, dapat disimpulkan bahwa latihan *interval training* dan *fartlek* berpengaruh secara signifikan terhadap peningkatan *Vo2max* pada atlet putra pencak silat Smk Sinar Husni. Oleh karena itu, latihan *interval training* dan *fartlek* direkomendasikan sebagai metode latihan yang efektif untuk meningkatkan daya tahan *aerobik* dan menunjang prestasi atlet pencak silat.

Kata kunci: *interval training, fartlek, Vo2max, pencak silat*

ABSTRAK

Muhammad Abdurrahman Ridwan Isnani NIM. 6212121010 ” The Effect of Interval Training and Fartlek Exercises on Increasing Vo2max in Male Pencak Silat Athletes at SMK Sinar Husni 2025”

(Pembimbing : Zulfan Heri)

Skripsi : Fakultas Ilmu Keolahragaan Unimed 2025

This study aimed to determine the effect of interval training and fartlek training on the improvement of Vo2max in male pencak silat athletes of Smk Sinar Husni. Vo2max is an important physiological component that supports endurance performance and competitive achievement in pencak silat. Therefore, an effective and systematic training program is required to enhance athletes' aerobic capacity.

This research employed a quantitative approach using a one-group pre-test–post-test design. The subjects consisted of 10 male pencak silat athletes of Sinar Husni who were selected as the research sample. The treatment applied in this study was a structured training program combining interval training and fartlek training conducted over the research period. The measurement of Vo2max was carried out using the bleep test, which was administered before the treatment (pre-test) and after the treatment (post-test).

The collected data were analyzed using descriptive statistical analysis and a paired sample t-test after meeting the prerequisite assumptions of normality. The results of the descriptive analysis showed an increase in the mean Vo2max score from the pre-test to the post-test. Furthermore, the results of hypothesis testing indicated that the calculated t-value (13.20) was greater than the t-table value (2.262) at a significance level of 0.05 with 9 degrees of freedom. This result indicates that the null hypothesis was rejected and the alternative hypothesis was accepted.

Based on these findings, it can be concluded that interval training and fartlek training have a significant effect on improving Vo2max in male pencak silat athletes of Sinar Husni. Therefore, the application of interval training and fartlek training is recommended as an effective training method to enhance aerobic endurance and support athletic performance in pencak silat.

Keywords: *interval training, fartlek, Vo2max, pencak silat*