

ABSTRAK

MUSA SIMANJUNTAK. NIM 6193510017. Pengaruh Latihan Sirkuit terhadap Peningkatan Kebugaran Jasmani Siswa SMA-LB Tunagrahita di SLB-E Negeri Pembina Medan. (Pembimbing : Nurhayati Simatupang) Skripsi : Fakultas Ilmu Keolahragaan Universitas Negeri Medan 2024.

Tujuan penelitian ini adalah untuk melihat perbandingan dari sebelum dan sesudah diberikannya perlakuan latihan sirkuit terhadap peningkatan kebugaran jasmani siswa SMA-LB Tunagrahita di SLB-E Negeri Pembina Medan. Penelitian ini dilaksanakan di SLB Negeri Pembina Medan yang berlokasi di Jl. Karya Ujung, Helvetia Timur.

Metode penelitian yang digunakan dalam penelitian ini adalah metode eksperimen. Populasi dalam penelitian ini adalah siswa SMA-LB Tunagrahita di SLB-E Negeri Pembina Medan yang berjumlah 10 orang. Jumlah sampel 10 orang diperoleh dengan teknik *total sampling*. Instrumen penelitian untuk pengumpulan data dengan tes dan pengukuran yaitu tkji yakni dengan tes lari 600 meter, lari 40 meter, *pull up*, *sit up*, *vertical jump* untuk mengukur kebugaran jasmani. Penelitian dilakukan selama 16 pertemuan dengan frekuensi latihan 3 kali dalam seminggu. Untuk melihat pengaruh variabel bebas maupun terikat digunakan perhitungan statistik uji-t.

Dari hasil pengujian hipotesis yaitu latihan sirkuit terhadap peningkatan kebugaran jasmani diperoleh nilai $\text{sig } 0.006 < 0.05$. Hasil tersebut menunjukkan bahwa ada perbedaan yang signifikan antara kebugaran jasmani sebelum dan sesudah diberikan perlakuan. Maka dapat disimpulkan H_0 ditolak dan H_a diterima.

Berdasarkan hasil pengujian hipotesis dan pembahasan hasil penelitian, maka ditarik kesimpulan adanya pengaruh latihan sirkuit terhadap peningkatan kebugaran jasmani siswa SMA-LB Tunagrahita di SLB-E Negeri Pembina Medan.

Kata kunci : Latihan sirkuit, Kebugaran Jasmani, Tunagrahita



ABSTRACT

**MUSA SIMANJUNTAK. NIM 6193510017. The Effect of Circuit Training on Improving Physical Fitness of Mentally Impaired High School-LB Students at Pembina Medan State SLB-E. (Supervisor: Nurhayati Simatupang)
Thesis: Faculty of Sports Science, Medan State University 2024.**

The aim of this research was to see the comparison between before and after the circuit training treatment was given to improve the physical fitness of students at SMA-LB Tunagrahita at SLB-E Negeri Pembina Medan. This research was carried out at SLB Negeri Pembina Medan which is located on Jl. Ujung Works, East Helvetia.

The research method used in this research is the experimental method. The population in this study were 10 students at SMA-LB Tunagrahita at SLB-E Negeri Pembina Medan SLB. The total sample of 10 people was obtained using total sampling technique. The research instruments for collecting data were tests and measurements, namely tkji the 600 meter run, 40 meter run, pull ups, sit ups and vertical jump tests to measure physical fitness. The research was conducted over 16 meetings with a training frequency of 3 times a week. To see the influence of the independent and dependent variables, t-test statistical calculations are used.

From the results of hypothesis testing, namely circuit training to increase physical fitness, a sig value of $0.006 < 0.05$ was obtained. These results show that there is a significant difference between physical fitness before and after treatment. So it can be concluded that H_0 is rejected and H_a is accepted.

Based on the results of hypothesis testing and discussion of research results, it was concluded that there was an influence of circuit training on improving the physical fitness of students at SMA-LB Tunagrahita at SLB-E Negeri Pembina Medan.

Keywords: Circuit training, physical fitness, mentally disabled