

ABSTRAK

Martin Ronaldo Pakpahan (NIM : 6203121004) “Pengaruh Latihan Menggunakan Alat *Swimming Resistance Belt* Dan *Swimming Parachute* Untuk Meningkatkan Kecepatan Renang Gaya Bebas 50 Meter Putra di *Sonic Swimming Club* Medan Tahun 2024” Pembimbing : Albadi Sinulingga, Skripsi : Fakultas Ilmu Keolahragaan Unimed 2024

Penelitian ini bertujuan untuk mengetahui “Pengaruh Latihan Menggunakan Alat *Swimming Resistance Belt* dan *Swimming Parachute* Untuk Meningkatkan Kecepatan Renang Gaya Bebas 50 Meter Putra di *Sonic Swimming Club* Medan Tahun 2024”. Tempat penelitian ini dilakukan di *Sonic Swimming Club* Medan. Penelitian dilaksanakan pada 13 Agustus sampai 24 September 2024, dengan jumlah sampel 8 orang. Metode penelitian yang digunakan adalah metode penelitian eksperimen dengan desain *one group pre-test* dan *pos-test* dan teknik pengumpulan data dalam penelitian ini menggunakan teknik tes dan pengukuran dengan melakukan pre test sebelum memberikan *treatment* selama 18 pertemuan (6 minggu) dengan volume latihan 3 kali dalam seminggu. Setelah melakukan *treatment*, sampel menjalankan tes akhir (*post-test*). Hipotesis penelitian yaitu, pengaruh latihan menggunakan alat *Swimming Resistance Belt* dan *Swimming Parachute* terhadap kecepatan renang gaya bebas 50 meter.

Hasil pengujian hipotesis menunjukkan bahwa nilai t_{hitung} bernilai 0,00041 dan t_{tabel} bernilai 1,89. Dari hasil uji-t diperoleh $t_{hitung} = 0,00041 < t_{tabel} = 1,89$ pada taraf nyata $\alpha = 0,05$ dengan demikian $t_{hitung} > t_{tabel}$ ($0,00041 < 1,89$). Dapat dilihat bahwa tidak terdapat pengaruh yang signifikan di mana t_{hitung} lebih kecil dari pada t_{tabel} ($t_{hitung} < t_{tabel}$) maka H_0 diterima dan H_a ditolak.

Kesimpulan penelitian yaitu tidak terdapat Pengaruh Signifikan Latihan Menggunakan alat *Swimming Resistance Belt* dan *Swimming Parachute* Untuk Meningkatkan Kecepatan Renang Gaya Bebas 50 Meter Putra di *Sonic Swimming Club* Medan Tahun 2024.

Kata Kunci : Renang, *Swimming Resistance Belt*, *Swimming Parachute*, Gaya Bebas

ABSTRACT

Martin Ronaldo Pakpahan (NIM: 6203121004) "The Effect of Training Using Swimming Resistance Belt and Swimming Parachute to Improve 50-Meter Freestyle Swimming Speed for Males at Sonic Swimming Club Medan 2024" Advisor: Albadi Sinulingga, Thesis: Faculty of Sports Science, Unimed 2024.

This research aims to determine "The Effect of Training Using Swimming Resistance Belt and Swimming Parachute to Improve 50-Meter Freestyle Swimming Speed for Males at Sonic Swimming Club Medan 2024." The research was conducted at Sonic Swimming Club Medan from August 13 to September 24 2024, with a sample size of 8 participants. This experimental research utilized a one-group pre-test and post-test design, with data collection techniques including tests and observation. The treatment was administered over 18 sessions (6 weeks), with a training frequency of 3 times per week. After the treatment, participants completed a post-test. The hypothesis analysis focused on the effect of training with the Swimming Resistance Belt and Swimming Parachute on 50-meter freestyle swimming speed.

The hypothesis test results show that the t-value obtained was 0,00041, while the critical t-value was 1.89. Based on the t-test results, $t\text{-value} = 0,00041 < t\text{-table} = 1.89$ at a significance level of $\alpha = 0.05$, indicating that $t\text{-value} > t\text{-table}$ ($0,00041 < 1.89$). It can be seen that there is no significant effect where tcount is smaller than ttable ($t\text{count} < t\text{table}$) then H_0 is accepted and H_a is rejected.

The conclusion of the study is that there is no significant effect of training using the Swimming Resistance Belt and Swimming Parachute to increase the speed of the 50-meter freestyle swimming for men at the Sonic Swimming Club Medan in 2024.

Keywords: *Swimming, Swimming Resistance Belt, Swimming Parachute, Freestyle*