ABSTRAK

Albert Steven L. Tungkup (NIM 6193510018). Pengaruh Latihan *Resistan Band* Terhadap Hasil Kecepatan Renang Gaya Bebas 50 Meter Atlet Putra *Salfish Swimming Club* Medan.
(Pembimbing Skripsi: Syamsul Gultom)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2025

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh latihan *resistance band* terhadap kecepatan renang gaya bebas 50 meter pada atlet putra. Penelitian ini menggunakan metode eksperimen. Populasi pada penelitian ini adalah 20 Atlet *Sailfish Swimming Club* Medan. Pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling* dan diproleh 8 orang sample. Teknik analisis data menggunakan perhitungan uji-t yaitu *paired sample t-test*. Berdasarkan hasil uji hipotesis maka diperoleh nilai signifikan 0,004 < 0,05 sehingga dinyatakan ada pengaruh. Kesimpulan pada penelitian ini adalah ada pengaruh latihan *resistance band* terhadap kecepatan renang 50 meter gaya bebas pada atlet putra *Sailfish Swimming Club* Medan.

Kata kunci : Latihan, *resistan band*, renang, gaya bebas

ABSTRACT

Albert Steven L. Tungkup (NIM 6193510018). The Effect of Resistance Band Training on the Results of 50-meter Freestyle Swimming Speed of Male Athletes of Salfish Swimming Club Medan.
(Thesis Supervisor: Syamsul Gultom)
Thesis: Faculty of Sports Science UNIMED, Medan 2025

The purpose of this study was to determine the effect of resistance band training on the speed of 50-meter freestyle swimming in male athletes. This study used an experimental method. The population in this study were 20 Sailfish Swimming Club Medan athletes. Sampling in this study used a purposive sampling technique and obtained 8 samples. The data analysis technique used the t-test calculation, namely the paired sample t-test. Based on the results of the hypothesis test, a significant value of 0.004 <0.05 was obtained so that it was stated that there was an effect. The conclusion of this study is that there is an effect of resistance band training on the speed of 50-meter freestyle swimming in male athletes of the Sailfish Swimming Club Medan.

Keywords: Exercise, resistance band, swimming, freestyle

UNIMED
THE Character Building UNIVERSITY