

ABSTRAK

Dede Pebriandi Sihotang. “PENGARUH LATIHAN *CIRCUIT TRAINING* UNTUK MENINGKATKAN KESEGERAN JASMANI ATLET PENCAK SILAT USIA DINI (9-12 TAHUN) DI PERGURUAN TAPAK SUCI GELANGGANG SD MUHAMMADIYAH 18 MEDAN”. (Pembimbing: Novita) Skripsi : Fakultas Ilmu Keolahraagaan UNIIMED 2021.

Tujuan penelitian ini adalah untuk ada atau tidaknya pengaruh latihan *circuit training* terhadap peningkatan kesegaran jasmani atlet pencak silat usia dini (9-12 tahun) di perguruan Tapak Suci Gelanggang SD Muhammadiyah 18 Medan.

Penelitian ini dilakukan di gelanggang SD Muhammadiyah 18 Medan. Penelitian ini dimulai dari bulan Oktober-Desember. Penelitian ini merupakan penelitian eksperimen dengan metode penelitian *one group pretest-posttest design*. Subjek penelitian ini adalah atlet pencak silat usia dini (9-12 tahun) di perguruan Tapak Suci Gelanggang SD Muhammadiyah 18 Medan yang berjumlah 20 atlet. Instrument yang digunakan adalah TKJI (Tes Kebugaran Jasmani Indonesia) antara lain tes *loncat tegak*, tes siku tekuk, tes baring duduk, tes lari 40 meter, tes lari 600 meter. Teknik analisis data menggunakan uji-t pada taraf signifikan $\alpha = 0,05$.

Hasil penelitian pengaruh latihan *circuit training* terhadap peningkatan kesegaran jasmani atlet pencak silat usia dini (9-12 tahun) di perguruan Tapak Suci Gelanggang SD Muhammadiyah 18 Medan. Dari analisis hasil data yang telah dilakukan dengan uji statistik diperoleh t_{hitung} sebesar 111,8. Selanjutnya nilai tersebut dibandingkan dengan nilai t_{tabel} dengan $dk = n-1$ ($20-1=19$) pada taraf signifikan $\alpha = 0,05$ adalah 2,09 dengan demikian $t_{hitung} > t_{tabel}$ ($111,8 > 2,09$) dapat disimpulkan bahwa melalui penerapan latihan *Circuit Training* dapat meningkatkan kesegaran jasmani pada pencak silat usia dini (9-12 tahun) di Perguruan Tapak Suci Gelanggang SD Muhammadiyah 18 Medan Tahun 2020. Hasil tersebut diartikan hipotesis diterima, sehingga hipotesisnya menyatakan ada pengaruh latihan *circuit training* terhadap peningkatan kesegaran jasmani atlet pencak silat usia dini (9-12 tahun) di perguruan Tapak Suci Gelanggang SD Muhammadiyah 18 Medan .

Kata kunci: Latihan Circuit Training, Anak Usia Dini. Dan Kesegaran Jasmani.

ABSTRACT

Dede Pebriandi Sihotang. "The Effect Of Circuit Training Exercises To Improve The Physical Freshness Of Early Age Of Martial Arts Athletes (9-12 Years) In Arena Tapak Suci Education SD Muhammadiyah 18 Medan". (Thesis Advisor: Novita) Thesis: Faculty Of Sport Science, Unimed 2021.

The purpose of this study was to determine whether or not circuit training had an effect on improving the physical fitness of early age pencak silat athletes (9-12 years) at tapak suci arena college, sd muhammadiyah 18 medan. This research was conducted at the muhammadiyah 18 elementary school medan. This research was started from 14 november to 26 december. This research is an experimental research with one group pretest-posttest design research method. The subjects of this study were early age of martial arts athletes (9-12 years) at the tapak suci arena college, sd muhammadiyah 18 medan, totaling 20 athletes. The instrument used was the tkji (indonesian physical fitness test), including the straight jumping test, bending elbow test, sitting-down test, 40-meter running test, 600-meter running test. The data analysis technique used t-test at a significant level of $\alpha = 0.05$. The results of the research on the effect of circuit training on improving the physical fitness of early age pencak silat athletes (9-12 years) at Tapak Suci Gelanggang college, SD Muhammadiyah 18 Medan. From the analysis of the results of the data that has been carried out by statistical tests, it is obtained t-count of 111.8. Furthermore, this value is compared with the t-table value with $dk = n-1$ ($20-1 = 19$) at the significant level $\alpha = 0.05$ is 2.09, thus $t\text{-count} > t\text{-table}$ ($111.8 > 2.09$) can be concluded that through Application of Circuit Training training can improve physical fitness in early childhood pencak silat (9-12 years) at Tapak Suci College arena, SD Muhammadiyah 18 Medan in 2020. These results are interpreted as accepted, so the hypothesis states there is an effect of circuit training training on improving athlete's physical fitness. Early childhood martial arts (9-12 years) at the Tapak Suci college arena, Muhammadiyah 18 Elementary School, Medan.

Key point : *Circuit training, physical fitness, martial arts*

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