

ABSTRAK

Rima Gustira, “PENGARUH LATIHAN *CIRCUIT TRAINING* TERHADAP KEMAMPUAN *HANDSPRING* PADA ATLET SENAM LANTAI PERSANI TELADAN KOTA MEDAN TAHUN 2021”

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Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2021

Tujuan penelitian ini adalah untuk mengetahui pengaruh dari latihan *circuit training* yang mampu memperbaiki teknik dan fisik atlet senam lantai di PERSANI Teladan Kota Medan Tahun 2021 agar dapat menguasai gerakan *handspring* dengan baik dan benar.

Metode penelitian ini adalah metode eksperimen dengan waktu penelitian selama 6 minggu, dengan latihan 3 kali dalam seminggu. Jumlah sampel yaitu dengan sampel bersyarat dan didapatkan sebanyak 8 atlet. Semua sampel atlet melakukan latihan dengan bentuk latihan yang telah disusun dalam program latihan dan melakukan *pre-test* sebelum masuk dalam latihan program dan *post-test* setelah diakhir program latihan.

Berdasarkan hasil penelitian yang dilakukan maka diperoleh pengujian hipotesis T_{hitung} sebesar 16,148. Selanjutnya harga tersebut dibandingkan dengan harga tabel dengan $dk = n-1 = 8-1 = 7$ pada taraf $\alpha = 0,05 = 1,90$. Di dalam kriteria pengujian hipotesis dinyatakan bahwa pada $T_{hitung} > T_{tabel}$ ($16,148 > 190$) dengan taraf $\alpha = 0,05$ maka H_0 ditolak dan H_a diterima. Maka dapat disimpulkan terdapat pengaruh yang signifikan dari latihan *circuit training* terhadap kemampuan *handspring* pada atlet senam lantai PERSANI Teladan Kota Medan Tahun 2021.

Kata kunci : Senam Lantai, *Handspring*, *Circuit training*

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ABSTRACT

Rima Gustira, "THE INFLUENCE OF CIRCUIT TRAINING ON HANDSPRING ABILITY ON GYMNASTICS ATHLETES ON THE FIELD CITY EXAMPLE IN 2021"

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Thesis: Faculty of Sports Sciences UNIMED 2021

The purpose of this study was to determine the effect of circuit training exercises that were able to improve the technique and physicality of floor gymnast athlete at PERSANI Teladan Medan City in 2021 in order to master the handspring movement properly and correctly.

This research method is an experimental method with research time for 6 weeks, with exercise 3 times a week. The number of samples is with conditional samples and obtained as many as 8 athletes. All samples of athletes perform exercises with the form of exercise that has been arranged in the exercise program and do a pre-test before entering the training program and post-test after the end of the exercise program.

Based on the results of the study conducted, the T_{count} hypothesis (count) was obtained by 16,148. Furthermore, the price is compared to the table price with $dk = n-1 = 8-1 = 7$ at the level of $\alpha = 0.05 = 1.90$. In the hypothesis testing criteria it is stated that at the $T_{\text{count}} > T_{\text{tabel}}$ ($16,148 > 190$) with a level of $\alpha = 0.05$ then H_0 was rejected and H_a accepted. So it can be concluded that there is a significant influence of circuit training on handspring ability in gymnastics athletes on the floor of PERSANI Teladan Medan City in 2021.

Keywords: Floor Gymnastics, Handspring, Circuit training

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