

ABSTRAK

Sarmono Tomuan Siketang, 6203321049, “Pengaruh Metode Latihan *Interval* dan *Single Leg Speed Hop* terhadap Kecepatan Renang 50 Meter Gaya Dada pada Atlet *Beaver Swimming Club* Tahun 2025” (Pembimbing Skripsi : NOVITA)

Skripsi : Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh latihan *interval* dan *single leg speed hop* terhadap kecepatan renang 50 meter gaya dada pada atlet *Beaver Swimming Club* tahun 2025. Penelitian ini menggunakan metode eksperimen dengan menggunakan desain penelitian *one group pre-test post-test design*. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dan sampel yang digunakan dalam penelitian ini berjumlah 8 orang. Penelitian ini dilakukan selama 4 minggu dengan frekuensi 4 kali dalam seminggu. Instrumen tes dalam penelitian ini adalah tes daya ledak otot lengan tes menggunakan *interval* dan tes daya ledak otot tungkai menggunakan *single leg speed hop*. Data dianalisis menggunakan hipotesis. Berdasarkan hasil penelitian menunjukkan bahwa (1) Terdapat pengaruh latihan *interval* terhadap kecepatan renang 50 meter gaya dada pada atlet *Beaver Swimming Club* tahun 2025, dengan perhitungan uji kesamaan dua pihak dengan $\alpha = 0.05$, maka daftar tabel F dapat diperoleh $F_{0.05}(8) = 3,44$ dan $F_{hitung} = 0.61$ Sehingga $(F_0 < F_t) = 0.61 < 3,44$ dapat ditarik kesimpulan regresi linear. Kemudian uji kesamaan dua pihak dengan $\alpha = 0.05$, maka daftar tabel F dapat diperoleh $F_{0.05}(8) = 3,44$ dan $F_{hitung} = 0.17$ Sehingga $(F_0 < F_t) = 0.17 < 3,44$ dapat ditarik kesimpulan regresi tidak berarti dengan determinasi sebesar 7.06%. (2) Terdapat pengaruh latihan *single leg speed hop* terhadap kecepatan renang 50 meter gaya dada pada atlet *Beaver Swimming Club* tahun 2025 dengan perhitungan uji kesamaan dua pihak dengan $\alpha = 0.05$, maka daftar tabel F dapat diperoleh $F_{0.05}(8) = 3,44$ dan $F_{hitung} = 6.81$ Sehingga $(F_0 < F_t) = 2.268 < 3.44$ dapat ditarik kesimpulan regresi linear. Kemudian uji keberartian regresi dengan $\alpha = 0.05$, maka daftar tabel F dapat diperoleh $F_{0.05}(8) = 3,44$ dan $F_{hitung} = 2.17$ Sehingga $(F_0 < F_t) = 2.26 < 3.44$ dapat ditarik kesimpulan regresi tidak berarti dengan determinasi sebesar 7.06%..

Kata kunci : pengaruh latihan, *interval*, *single leg speed hop*, kecepatan, gaya dada

ABSTRACT

Sarmono Tomuan Siketang, 6203321049, “The Effect of Interval Training and Single Leg Speed Hop Methods on 50-Meter Breaststroke Swimming Speed in Beaver Swimming Club Athletes in 2025” (Thesis Advisor: NOVITA)
Thesis: Faculty of Sports Science, Medan State University.

The purpose of this research was to determine the effect of interval training and single leg speed hop on the 50-meter breaststroke swimming speed of Beaver Swimming Club athletes in 2025. This study used an experimental method with a one-group pre-test post-test design. The sampling technique used was purposive sampling, and the sample size was 8 people. The study was conducted for 4 weeks with a frequency of 4 times per week. The test instruments in this study were the arm muscle explosive power test using intervals and the leg muscle explosive power test using the single leg speed hop. Data were analyzed using a hypothesis test. Based on the research results, it was found that: There was an effect of interval training on the 50-meter breaststroke swimming speed in Beaver Swimming Club athletes in 2025. With a two-party equality test calculation at $\alpha=0.05$, the *F*-table list showed $F_{0.05(8)}=3.44$ and $F_{\text{calculated}}=0.61$. Since $(F_0 < F_t)=0.61 < 3.44$, a linear regression conclusion can be drawn. Furthermore, a two-party equality test at $\alpha=0.05$ showed $F_{0.05(8)}=3.44$ and $F_{\text{calculated}}=0.17$. Since $(F_0 < F_t)=0.17 < 3.44$, a conclusion of insignificant regression with a determination of 7.06% can be drawn. There was an effect of single leg speed hop training on the 50-meter breaststroke swimming speed in Beaver Swimming Club athletes in 2025. With a two-party equality test calculation at $\alpha=0.05$, the *F*-table list showed $F_{0.05(8)}=3.44$ and $F_{\text{calculated}}=6.81$. Since $(F_0 < F_t)=2.268 < 3.44$, a linear regression conclusion can be drawn. Furthermore, a regression significance test at $\alpha=0.05$ showed $F_{0.05(8)}=3.44$ and $F_{\text{calculated}}=2.17$. Since $(F_0 < F_t)=2.26 < 3.44$, a conclusion of insignificant regression with a determination of 7.06% can be drawn.

Keywords: effect of training, interval, single leg speed hop, speed, breaststroke.