

ABSTRAK

Yohana Alfany “PENGARUH *HIGH INTENSITY INTERVAL TRAINING (HIIT)* TERHADAP *POWER* OTOT TUNGKAI ATLET KYORUGI TAEKWONDO MIMAC KOTA PEMATANGSIANTAR”

(Pembimbing: Dr. Mesnan, M. Kes)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2026

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *High Intensity Interval Training (HIIT)* terhadap peningkatan *power* otot tungkai atlet kyorugi Taekwondo MIMAC Kota Pematangsiantar. Penelitian ini dilatarbelakangi oleh belum optimalnya kemampuan *power* otot tungkai. tungkai atlet, sehingga performa tendangan eksplosif belum maksimal selama pertandingan. Metode penelitian yang digunakan adalah kuantitatif dengan desain *one group pretest-posttest*. Sampel penelitian berjumlah 7 atlet yang diambil menggunakan teknik *purposive random sampling*. Pengukuran *power* otot tungkai dilakukan menggunakan tes *Standing Broad Jump* sebelum dan sesudah pemberian latihan HIIT.

Hasil analisis menunjukkan bahwa data berdistribusi normal dan homogen. Uji hipotesis menggunakan *paired sample t-test* menunjukkan nilai signifikansi sebesar 0,000 ($p < 0,05$), yang berarti terdapat pengaruh yang signifikan latihan HIIT terhadap peningkatan *power* otot tungkai atlet. Dengan demikian, dapat disimpulkan bahwa latihan HIIT efektif digunakan untuk meningkatkan *power* otot tungkai atlet kyorugi Taekwondo.

Kata kunci: *High Intensity Interval Training, Power Otot Tungkai, Taekwondo, Kyorugi*



ABSTRACT

Yohana Alfany, “THE EFFECT OF *HIGH INTENSITY INTERVAL TRAINING* (HIIT) ON LEG MUSCLE *POWER* OF KYORUGI TAEKWONDO ATHLETES AT MIMAC PEMATANGSIANTAR CITY”

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This study aimed to determine the effect of *High Intensity Interval Training* (HIIT) on the improvement of leg muscle *power* in kyorugi Taekwondo athletes at MIMAC Pematangsiantar City. This research was motivated by the suboptimal explosive *power* of the athletes' leg muscles, which affected the effectiveness of their kicks during matches. This study employed a quantitative method with a one-group pretest-posttest design. The sample consisted of 7 athletes selected using purposive random sampling. Leg muscle *power* was measured using the Standing Broad Jump test before and after a four-week HIIT training program.

The results of the analysis showed that the data were normally distributed and homogeneous. The hypothesis testing using paired sample t-test showed a significance value of 0.000 ($p < 0.05$), indicating a significant effect of HIIT training on the improvement of leg muscle *power*. It can be concluded that HIIT training is effective in improving the leg muscle *power* of kyorugi Taekwondo athletes.

Keywords: High Intensity Interval Training, Leg Muscle *Power*, Taekwondo, Kyorugi

