

ABSTRAK

Egi Suranta Purba, NIM. 621312112 ” “Pengaruh Latihan *Hand Paddle* Dan *Fins Swim* Terhadap Kecepatan Renang Gaya Bebas 50 Meter Atlet KU-III 12-13 Tahun *Sonic Swimming Club* Tahun 2025”

(Pembimbing : Jan Bobby Nesra Barus)

Skripsi: Fakultas Ilmu Keolahragaan Unimed 2026

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *hand paddle* dan *fins swim* terhadap kecepatan renang gaya bebas 50 meter atlet KU-III 12-13 tahun *Sonic Swimming Club* tahun 2025. Dalam konteks perkembangan keilmuan dan teknologi di Indonesia, khususnya dalam bidang olahraga, penelitian ini menjadi relevan untuk mendukung kemajuan prestasi olahraga di masyarakat.

Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan desain *one group pre-test* dan *post-test*. Sebanyak 8 atlet yang berlatih di *Sonic Swimming Club* menjadi subjek penelitian. Mereka menjalani program latihan yang difokuskan pada teknik kecepatan renang gaya bebas 50 meter selama 6 minggu. Pengukuran kemampuan dilakukan sebelum dan sesudah program latihan untuk menilai efektivitas intervensi.

Hasil penelitian menunjukkan bahwa tidak terdapat peningkatan yang signifikan dalam kecepatan renang gaya bebas 50 meter setelah program latihan *hand paddle* dan *fins swim*, dengan nilai $t_{hitung} 0,14 < t_{tabel} 1,89$ pada taraf signifikansi 0,05. Kesimpulan dari penelitian ini menegaskan bahwa tidak ada pengaruh yang signifikan dari bentuk latihan *hand paddle* dan *fins swim*, terhadap peningkatan kecepatan renang gaya bebas 50 meter atlet ku-iii 12-13 tahun *sonic swimming club* tahun 2025. Hasil ini diharapkan dapat memberikan wawasan bagi pelatih dan pengelola klub dalam merancang program latihan yang lebih baik untuk meningkatkan keterampilan atlet muda.

Kata kunci: Latihan, *Hand Paddle*, *Fins Swimming*, Renang, Gaya Bebas



ABSTRACT

Egi Suranta Purba, NIM. 621312112 ” The Effect of Hand Paddle and Swim Fins Training on the 50-Meter Freestyle Swimming Speed of 12- to 13-Year-Old Athletes in the KU-III Category at the Sonic Swimming Club in 2025 ”

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Thesis: Faculty of Sports Science Unimed 2026

This study aims to determine the effect of hand paddle and swim fins training on the 50-meter freestyle swimming speed of 12- to 13-year-old athletes in the Sonic Swimming Club's U-III category in 2025. In the context of scientific and technological advancements in Indonesia, particularly in the field of sports, this study is relevant for supporting the advancement of athletic performance in the community.

The research method used in this study was an experiment with a one-group pre-test and post-test design. A total of 8 athletes training at the Sonic Swimming Club served as the study subjects. They underwent a training program focused on 50-meter freestyle swimming technique for 6 weeks. Performance measurements were taken before and after the training program to assess the effectiveness of the intervention

The results of the study indicate that there was no significant improvement in 50-meter freestyle swimming speed following the hand paddle and finswim training program, with a calculated t -value of $0.14 < \text{the critical } t\text{-value of } 1.89$ at a significance level of 0.05 . The conclusion of this study confirms that there is no significant effect of hand paddle and finswim training on improving the 50-meter freestyle swimming speed of 12- to 13-year-old athletes in the Sonic Swimming Club's U-III category in 2025. These results are expected to provide insights for coaches and club managers in designing better training programs to enhance the skills of young athletes.

Keywords: Training, Hand Paddle, Swimming Fins, Swimming, Freestyle.

