

ABSTRAK

Mark Yudika Tampubolon (NIM 6203121101). Perbedaan Pengaruh Latihan Squat Thrust Dan Interval Training Terhadap Kecepatan Renang 50 Meter Gaya Dada Pada Atlet Beaver Swimming Club Medan Tahun 2024.
(Pembimbing Skripsi: Albadi Sinulingga)
Skripsi : Fakultas Ilmu Keolahragaan UNIMED, Medan 2024

Tujuan dari penelitian ini adalah untuk mengetahui: (1) pengaruh latihan *squat thrust* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* medan. (2) pengaruh *interval training* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* medan., (3) manakah latihan yang lebih baik antara latihan *squat thrust* dan *interval training* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* medan. Penelitian ini menggunakan metode eksperimen. Sampel pada penelitian ini berjumlah 10 orang sample yang dibagi dalam kelompok *squat thrust* dan kelompok *interval training*, dengan teknik *ordinal pairing*. Teknik analisis data menggunakan perhitungan uji-t yaitu *paired t-test* dan *independent sample t-test*. Berdasarkan hasil uji hipotesis maka diperoleh: (1) nilai uji hipotesis I = $0,002 < 0,05$, (2) nilai uji hipotesis II = $0,002 < 0,05$ (3) nilai uji hipotesis III = $0,228 > 0,05$ dengan perbandingan rata-rata diperoleh nilai *interval training* 35,28 lebih baik dibandingkan latihan *squat thrust* yaitu 38,24. Kesimpulan pada penelitian ini adalah: (1) ada pengaruh latihan *squat thrust* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* Medan, (2) ada pengaruh *interval training* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* Medan, (3) latihan *interval training* lebih baik dibandingkan *squat thrust* terhadap kecepatan renang 50 meter gaya dada pada atlet *beaver swimming club* Medan.

Kata kunci : Latihan, *squat thrust*, *interval training*, renang, gaya dada

ABSTRACT

Mark Yudika Tampubolon (NIM 6203121101). Differences in the Effect of Squat Thrust Training and Interval Training on 50 Meter Breaststroke Swimming Speed in Beaver Swimming Club Medan Athletes in 2024.

(Thesis Supervisor: Albadi Sinulingga)

Thesis: Faculty of Sports Science UNIMED, Medan 2024

The purpose of this study was to determine: (1) the effect of squat thrust training on the speed of 50-meter breaststroke swimming in athletes of the Medan Beaver Swimming Club. (2) the effect of interval training on the speed of 50-meter breaststroke swimming in athletes of the Medan Beaver Swimming Club., (3) which training is better between squat thrust training and interval training on the speed of 50-meter breaststroke swimming in athletes of the Medan Beaver Swimming Club. This study used an experimental method. The sample in this study amounted to 10 people who were divided into squad thrust groups and interval training groups, with the ordinal pairing technique. The data analysis technique used t-test calculations, namely paired t-test and independent sample t- test. Based on the results of the hypothesis test, it was obtained: (1) the value of hypothesis test I = $0.002 < 0.05$, (2) the value of hypothesis test II = $0.002 < 0.05$

(3) the value of hypothesis test III = $0.228 > 0.05$ with an average comparison obtained interval training value of 35.28 which is better than squat thrust training, which is 38.24. The conclusion of this study is: (1) there is an effect of squat thrust training on the speed of swimming 50 meters breaststroke in athletes of the Beaver Swimming Club Medan, (2) there is an effect of interval training on the speed of swimming 50 meters breaststroke in athletes of the Beaver Swimming Club Medan, (3) interval training is better than squat thrust on the speed of swimming 50 meters breaststroke in athletes of the Beaver Swimming Club Medan.

Keywords: Exercise, squat thrust, interval training, swimming, breaststroke