

ABSTRAK

PENGEMBANGAN MODEL LATIHAN FISIK *CIRCUIT TRAINING* PANAHAN UNTUK PELAJAR LAMPUNG

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Penelitian ini bertujuan; 1) mendeskripsikan kondisi dan potensi dikembangkannya model latihan fisik *cercuit training*. 2) menghasilkan produk rancangan pengembangan model latihan fisik *cercuit training*. 3) menganalisis efektifitas model latihan fisik *circuit training*. 4) menganalisis efesiensi model latihan fisik *circuit training*. 5) menganalisis daya tarik model latihan fisik *circuit training*. Penelitian ini merupakan penelitian pengembangan. Pada penelitian ini model yang digunakan adalah model pengembangan ADDIE, yang terbagi dalam 5 fase, yaitu: 1) analisis, 2) desain, 3) development, 4) implementasi, dan 5) evaluasi. Subyek menggunakan teknik sampling jenuh, yaitu atlet PPLP panahan Lampung yang berjumlah 8 orang terdiri dari 5 atlet putra dan 3 atlet putri. Teknik pengumpulan data berupa kuesioner (angket) dan tes. Selanjutnya dianalisis menggunakan t tes. Hasil penelitian dapat disimpulkan; 1) Kondisi PPLP panahan Lampung telah menggunakan latihan fisik *circuit training* namun belum berfokus pada otot yang diperlukan pada saat memanah dan potensi dikembangkan latihan fisik *circuit training* berfokus pada kebutuhan otot untuk olahraga panahan. 2) Produk dikemas dalam bentuk buku dengan tahapan yang sistematis terdiri dari komponen perencanaan, pelaksanaan dan evaluasi latihan. 3) Hasil perhitungan rata-rata N-Gain ternormalisasi 0,73 (tinggi) sehingga penggunaan model latihan fisik *circuit training* pada latihan fisik di PPLP panahan Lampung terbukti efektif. 4) Tingkat efisiensi model latihan fisik *circuit training* diperoleh nilai rasio $1,41 > 1$ (tinggi). 5) Terdapat kemenarikan sebesar 81% (menarik).

Kata kunci: latihan fisik, *circuit training*, panah

ABSTRACT

DEVELOPMENT OF THE CIRCUIT TRAINING PHYSICAL EXERCISE MODEL FOR STUDENTS IN LAMPUNG

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The aim of this study; 1) describe the condition and potential development of physical exercise circuit training model. 2) produce design product development model physical exercise circuit training. 3) to analyze the effectiveness of physical training circuit training model. 4) analyze the efficiency of the physical exercise circuit training model. 5) analyze the attractiveness of the physical exercise training circuit model. This research is a development research. In this study the model used is the ADDIE development model, which is divided into 5 phases, namely: 1) analysis, 2) design, 3) development, 4) implementation, and 5) evaluation. The subjects used saturated sampling technique, namely Lampung archery PPLP athletes totaling 8 people consisting of 5 male athletes and 3 female athletes. Data collection techniques in the form of questionnaires (questionnaires) and tests. Then analyzed using t test. Furthermore, it was analyzed using tests of effectiveness, efficiency, and attractiveness as well as test t tests. Through expert validation test, physical exercise circuit training model of archery is feasible to use. The results can be concluded; 1) The condition of PPLP archery Lampung has used physical circuit training exercises but has not focused on the necessary muscles at the time of archery and the potential for developed physical training circuit training focuses on the muscle needs for archery sport. 2) This product is packaged in book form with a systematic stage consisting of component planning, execution and evaluation of exercise. 3) The results of the calculation of the normalized N-Gain were 0.73 (high) so that the use of circuit training physical exercise models in physical exercise in Lampung Archery PPLP proved effective. 4) The efficiency level of physical exercise circuit training model is obtained by the ratio value of $1.41 > 1$ (high). 5) There is an attractiveness of 81% (interesting).

Keywords: physical exercise, circuit training, archery