

ABSTRAK

PENGARUH LATIHAN INTERVAL DAN LATIHAN SIRKUIT TERHADAP KEBUGARAN JASMANI SISWA KELAS VII B SMP NEGERI 2 SEKINCAU LAMPUNG BARAT

Oleh

YULIA NOVARITA

Masalah pada penelitian ini yaitu rendahnya tingkat kebugaran jasmani siswa. Tujuan pada penelitian ini untuk mengetahui tingkat kebugaran jasmani siswa SMP Negeri 2 Sekincau Lampung Barat setelah diberikan perlakuan yaitu latihan interval dan latihan sirkuit. Metode penelitian yang digunakan adalah metode eksperimen dengan desain penelitian *pre-test* dan *post-test* dan sampel 30 siswa. Instrument yang digunakan adalah TKJI. Hasil penelitian ini: 1) ada pengaruh yang signifikan dari latihan interval terhadap tingkat kebugaran jasmani dengan analisis data $t_{hitung} = 16,87 > t_{tabel} 2,145$ taraf nyata 5%, $n = 15$, 2) ada pengaruh yang signifikan dari latihan sirkuit terhadap kebugaran jasmani siswa dengan hasil analisis data $t_{hitung} = 23,90 > t_{tabel} 2,145$ taraf nyata 5%, $n = 15$. 3) terdapat perbedaan yang signifikan antara latihan interval dan latihan sirkuit terhadap kebugaran jasmani siswa dengan analisis data $t_{hitung} 2,147 > t_{tabel} 2,048$ taraf nyata 5%, $n=30$. Jika $t_{hitung} > t_{table}$ maka H_a diterima H_0 ditolak. Perhitungan uji

pengaruh latihan interval adalah 16,87 sedangkan latihan sirkuit adalah 23,90 maka latihan sirkuit lebih baik dalam meningkatkan kebugaran jasmani pada siswa SMP Negeri 2 Sekincau.

Kata kunci: kebugaran jasmani, latihan interval, latihan sirkuit.

ABSTRACT

THE INFLUENCE OF INTERVAL TRAINING AND CIRCUIT TRAINING ON THE PHYSICAL FITNESS OF STUDENT CLASS VII B JUNIOR HIGH SCHOOL 2 SEKINCAU WEST LAMPUNG

By

YULIA NOVARITA

The problem of this study is lower the level of physical fitness of student. The purpose of this study is to determine the level of physical fitness of students of Junior High School 2 Sekincau, West Lampung after being given treatment, namely interval training and circuit training. The research method used is an experimental method. The design of this study is pre-test and post-test. Subjects in this study are students of class VII B with a total of 30 people.

The instrument utilized in this study is the Indonesian Physical Freshness Test. Based on the results of the analysis of the influence test and t test, the results of this study are: 1) there is a significant effect of interval training on the level of physical fitness of students with data analysis obtained $t_{\text{count}} = 16,87 > t_{\text{table}} 2,145$ real level 5%, $n = 15$, 2) there is a significant effect of circuit training on physical fitness of students with the results of data analysis $t_{\text{count}} = 23,90 > t_{\text{table}} 2,145$ real level 5%, $n = 15$. 3) there is a significant difference between interval training and circuit training on students' physical fitness with data analysis $t_{\text{count}} 2,147 > t_{\text{table}} 2,048$ real level 5%, $n = 30$. If $t_{\text{count}} > t_{\text{table}}$ then H_a is accepted H_0 is rejected. According to the calculation of the effect of interval training test is 16,87 while circuit training is 23,90 this circuit training is better in improving physical fitness for students of Sekincau 2 Junior High School

Keywords: physical fitness, interval training, circuit training.