

ABSTRAK

ANALISIS TINGKAT DAYA TAHAN CARDIO VASCULAR PADA ATLET SILAT MUARA ENIM PENCAK SILAT DI MASA PANDEMI COVID-19

Oleh

ANISA RIYANTI

Penelitian ini bertujuan untuk mengetahui tingkat daya tahan kardio vaskuler pada atlet pelatda pencak silatmuara enim di masa pandemi covid-19

Metode dalam penelitian ini menggunakan pendekatan penelitian kualitatif (Survey). Populasi pada penelitian ini adalah atlet pelatda Pencak Silat Kabupaten Muara Enim dengan sampel yang digunakan keseluruhan jumlah atlet pelatda Pencak Silat Kabupaten Muara Enim.

Hasil penelitian menunjukkan bahwa ada penurunan tingkat daya tahan cardio vaskuler atlet pelatda Pencak Silat Kabupaten Muara Enim Sebelum masa pandemic covid-19 dan pada saat masa pandemic covid-19 berlangsung.

Terdapat penurunan daya tahan kardio vaskuler pada atlet pelatda pencak silat Kabupaten Muara Enim pada saat sebelum masa pandemic covid-19 Vo2max atlet berada pada tingkat sangat baik, baik dan kurang. Kemudian pada saat pandemic berlangsung daya tahan kardio vaskuler ternyata benar dari 18 orang atlet pada saat sebelum masa pandemic covid-19 pada tingkat sangat baik,baik dan sedang turun ke tingkat baik, sedang dan kurang.

Kata Kunci : atlet, kardio, pencak silat, vaskuler

ABSTRACT

ANALYSIS OF CARDIO VASCULAR ENDURANCE LEVEL IN MUARA ENIM PENCAK SILAT ATHLETESIN THE TIME OF THE COVID-19 PANDEMIC

By

ANISA RIYANTI

This study aims to determine the level of cardio vascular endurance in athletes from the Muara Enim Pencak Silat Region during the COVID-19 pandemic.

The method in this study uses a qualitative research approach (Survey). The population in this study were athletes from the Pencak Silat Regional Training Center in Muara Enim Regency with the total number of athletes used in the Pencak Silat Regional Training Center in Muara Enim Regency. The results of the study showed that there was a decrease in the level of cardio vascular endurance for athletes from the Pencak Silat Regional Training Center in Muara Enim Regency before the Covid-19 pandemic and during the Covid-19 pandemic.

There was a decrease in cardiovascular endurance in athletes from the pencak silat training in Muara Enim Regency before the Covid-19 pandemic. Vo2max athletes were at very good, good and poor levels. Then when the pandemic took place, cardiovascular endurance turned out to be true from 18 athletes before the covid-19 pandemic at very good, good and moderate levels, down to good, moderate and poor levels.

Keywords: atlet, kardio, pencak silat, vaskuler