

## **ABSTRAK**

### **PENGARUH LATIHAN *SKIPPING* SECARA INTENS TERHADAP *CARDIORESPIRATORY ENDURANCE* ATLET KARATE DI DOJO RAJA KARATE TEAM KOTA BANDAR LAMPUNG**

**Oleh**

**ALYA MARYANI**

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan skipping secara intens terhadap cardiovascular respiratory endurance pada atlet karate karate di Dojo Raja Karate Team Kota Bandar Lampung.

Metode yang digunakan adalah eksperimen murni, dengan desain pre-test dan post-test. Sampel digunakan sebanyak 30 atlet. Instrumen yang digunakan adalah tes cardiovascular respiratory endurance melalui tes bleep.

Hasil penelitian menunjukkan bahwa: ada pengaruh yang signifikan latihan skipping secara intens terhadap cardiovascular endurance, dengan hasil nilai t hitung > t tabel,  $8,95 > 2,144$  Dengan demikian dapat disimpulkan bahwa ada pengaruh yang signifikan latihan skipping secara intens terhadap cardiovascular respiratory endurance atlet karate di Dojo Raja Karate Team Kota Bandar Lampung.

**Kata Kunci:** *cardiorespiratory endurance, skipping*

## **ABSTRACT**

### ***EFFECT OF INTENSE SKIPPING TRAINING ON CARDIORESPIRATORY ENDURANCE KARATE ATHLETES AT DOJO RAJA KARATE TEAM IN BANDAR LAMPUNG CITY***

***By***

**ALYA MARYANI**

*endurance of the karate team athletes in in the city of Bandar Lampung.*

*The purpose of this study was to determine the effect of intense skipping exercise on cardiovascular respiratory endurance in karate athletes at the Dojo Raja Karate Team Kota Bandar Lampung.*

*The method used is a true experiment with pre-test and post-tes design. The sample used was 30 athletes. The instrumen used is a cardiovascular endurance test through a bleep test.*

*The results showed that: there is a significant effect of intense skipping exercise on cardiovascular respiratory endurance, with the result oft hitung > t tabel,  $8,95 > 2,144$ . Thus, it can be concluded that there is a significant effect of intense skipping exercise on the cardiovascular respiratory endurance of the karate team athletes in in the city of Bandar Lampung.*

***Keywords:*** *cardiorespiratory endurance, skipping*