

ABSTRAK

PENGARUH LATIHAN *RESISTANCE BAND* TERHADAP PENINGKATAN HASIL CAPAIAN RENANG GAYA DADA 25 METER PADA CLUB BABE *SWIMMING SCHOOL*

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Penelitian ini bertujuan untuk mengetahui adanya pengaruh latihan resistance Band terhadap kecepatan renang gaya dada 25 meter pada club babe swimming school. Berdasarkan analisis menunjukan bahwa latihan Resistance Band tersebut berpengaruh signifikan terhadap kemampuan kecepatan renang gaya dada 25 meter pada atlet club babe swimming school. Pada penelitian ini peneliti menggunakan metode penelitian kuantitatif eksperimen. Analisis data dilakukan dengan uji-t menggunakan SPSS 25 untuk mengetahui pengaruh latihan Resistance band terhadap hasil capaian renang gaya dada 25 meter pada club babe swimming school atlet. Hasil uji-t menunjukkan bahwa terdapat peningkatan hasil capaian renang gaya dada 25 meter pada atlet. Hal ini menunjukan dengan nilai $t_{hitung} 5.050$ $t_{tabel} 2.262$ berarti ada pengaruh yang signifikan. Dengan demikian hipotesis yang berbunyi ada pengaruh signifikan latihan resistance band terhadap hasil capaian renang gaya dada 25 meter pada club babe swimming school dinyatakan diterima. Artinya penetapan latihan Resistance Band memberi pengaruh yang signifikan terhadap hasil capaian renang gaya dada 25 meter pada club babe swimming school. Sedangkan hasil uji-t kelompok kontrol diunjukkan dengan nilai t_{hitung} untuk hasil capaian renang gaya dada 25 meter adalah $t_{hitung} 1.826$ $t_{tabel} 2.262$ berarti tidak ada pengaruh yang signifikan. Dengan demikian dapat disimpulkan bahwa tidak ada pengaruh yang signifikan dari kelompok kontrol terhadap hasil capaian renang gaya dada 25 meter pada club babe swimming school. Dapat disimpulkan dari hasil penelitian ini adanya pengaruh latihan Resistance Band terhadap peningkatan hasil capaian renang gaya dada 25 meter pada club babe swimming school

Kata kunci : resistance band, hasil capaian, renang gaya dada.

ABSTRACT

INFLUENCE TRAINING RESISTANCE BAND TOWARDS INCREASING SWIMMING ACHIEVEMENTS 25 METERS BREAST STYLE IN THE CLUB BABE SWIMMING SCHOOL

By

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This study aims to determine the effect of resistance band training on swimming speed in the 25 meter breaststroke at club babe swimming school. Based on the analysis, it shows that resistance band training has a significant effect on the ability to swim 25 meter breaststroke speed in club babe swimming school athletes. In this research, researchers used experimental quantitative research methods. Data analysis was carried out using a t-test using SPSS 25 to determine the effect of resistance bands on the results of 25 meter breaststroke swimming in club babe swimming school athletes. The results of the t-test showed that there was an increase in the results of the 25 meter breaststroke swimming achievements in athletes. This is indicated by the t value $t_{count} 5.050$ $t_{table} 2,262$ means there is a significant influence. Thus, the hypothesis which states that there is a significant influence of resistance band training on the results of the 25 meter breaststroke swimming at the babe swimming school club is declared acceptable. This means that the determination of Resistance Band training has a significant influence on the results of swimming in the 25 meter breaststroke at the club babe swimming school. Meanwhile, the results of the control group's t-test are shown by the t value t_{count} for the 25 meter breaststroke swimming result, it is $t_{count} 1.826$ $t_{table} 2.262$ means there is no significant influence. Thus, it can be concluded that there is no significant influence from the control group on the results of swimming in the 25 meter breaststroke at the club babe swimming school. It can be concluded from the results of this study that there is an influence of Resistance Band training on increasing the results of swimming 25 meter breaststroke in club babe swimming school

Keywords : *resistance band, results, breaststroke swimming.*