

ABSTRAK

ANALISIS LATIHAN FISIK ATLET UKM TAEKWONDO UNIVERSITAS LAMPUNG

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Tujuan dari penelitian ini adalah untuk menganalisis bagaimana pembinaan latihan fisik atlet UKM Taekwondo Universitas Lampung. Metode yang digunakan dalam penelitian ini adalah metode survei dengan teknik pengambilan data menggunakan angket. Sampel dalam penelitian adalah atlet UKM Taekwondo Universitas Lampung yang berjumlah 30 atlet yang diambil menggunakan teknik *total sampling*. Teknik analisis data menggunakan analisis deskriptif kuantitatif yang dituangkan dalam bentuk persentase. Hasil penelitian menunjukkan bahwa analisis latihan fisik atlet UKM Taekwondo Universitas Lampung berada pada kategori “sangat kurang” sebesar 3,3% (1 atlet), kategori “kurang” sebesar 43,3% (13 atlet), kategori “sedang” sebesar 30% (9 atlet), kategori “baik” sebesar 13,3% (4 atlet), dan kategori “sangat baik” sebesar 10% (3 atlet). Sehingga dapat disimpulkan bahwa sebagian besar gambaran latihan fisik atlet UKM Taekwondo Universitas Lampung dalam kategori “kurang”. Sedangkan pada ranah kondisi fisik atlet UKM Taekwondo Universitas Lampung berada pada kategori “sangat kurang” sebesar 2,7% (2 atlet), “kurang” sebesar 23,3% (7 atlet), “sedang” sebesar 43,3% (13 atlet), “baik” sebesar 16,7% (5 atlet), dan “sangat baik” sebesar 10% (3 atlet). Sehingga dapat disimpulkan bahwa sebagian besar kondisi fisik atlet UKM Taekwondo Universitas Lampung dalam kategori “sedang”.

Kata Kunci: analisis, latihan fisik, taekwondo.

ABSTRACT

ANALYSIS OF PHYSICAL TRAINING OF TAEKWONDO UKM ATHLETES AT LAMPUNG UNIVERSITY

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The aim of this research is to analyze how to develop physical training for UKM Taekwondo athletes at Lampung University. The method used in this research is a survey method with data collection techniques using questionnaires. The samples in the research were 30 athletes from the UKM Taekwondo University of Lampung, who were taken using total sampling techniques. The data analysis technique uses quantitative descriptive analysis expressed in percentage form. The results of the study showed that the analysis of the physical training of UKM Taekwondo athletes at Lampung University was in the "very poor" category at 3.3% (1 athlete), the "poor" category at 43.3% (13 athletes), the "medium" category at 30% (9 athletes), the "good" category was 13.3% (4 athletes), and the "very good" category was 10% (3 athletes). So it can be concluded that most of the physical training of the UKM Taekwondo athletes at Lampung University is in the "poor" category. Meanwhile, in the realm of physical condition, the Taekwondo UKM athletes at Lampung University are in the "very poor" category at 2.7% (2 athletes), "poor" at 23.3% (7 athletes), "medium" at 43.3% (13 athletes), "good" by 16.7% (5 athletes), and "very good" by 10% (3 athletes). So it can be concluded that the majority of the physical conditions of the UKM Taekwondo athletes at Lampung University are in the "medium" category.

Keywords: *analysis, physical training, taekwondo.*

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