

RINGKASAN

METODE PELATIHAN RENANG INTERVAL 1:1 DAN 1:3 TERHADAP PENURUNAN WAKTU TEMPUH BERENANG 1000 DAN 50 METER GAYA BEBAS

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Tujuan penelitian ini adalah untuk membuktikan bentuk latihan interval 1:1 dan 1:3 dapat menurunkan waktu tempuh (peningkatan kecepatan) berenang 1000 dan 50 meter gaya bebas. Rancangan penelitian yang digunakan adalah *randomized pretest-posttest control group design*.

Sampel penelitian ini adalah atlet Club Suryanaga Surabaya. Penelitian ini menggunakan sampel atau orang coba sebanyak 36 orang. Kemudian dibagi atas tiga kelompok dan tiap kelompok terdiri dari 12 orang. Masing-masing kelompok diberi perlakuan berbeda yaitu: (1) kelompok 1 adalah kelompok kontrol, yang diberi perlakuan konvensional; (2) kelompok 2 adalah kelompok latihan renang 50 m gaya bebas metode latihan interval 1:1; (3) kelompok 3 adalah kelompok latihan renang 50 m gaya bebas metode latihan interval 1:3. Ketiga kelompok ini masing-masing diberi latihan renang gaya bebas, tiap 50 m berhenti diulang sampai 20 x 50 m (total jarak tempuh adalah 1000 m) dalam waktu 8 minggu dengan frekuensi 3 kali seminggu. Data penurunan waktu tempuh, nadi istirahat dan nadi maksimal diambil saat sebelum dilatih (*pretest*) dan sesudah latihan (*posttest*).

Data hasil pengukuran dianalisis dengan menggunakan statistik deskriptif dan statistik inferensial (uji normalitas distribusi, uji homogenitas, uji anova, uji t berpasangan, uji univariate, uji multivariate) dengan taraf signifikansi 0,05.

Hasil uji menunjukkan bahwa penurunan waktu tempuh berenang terdapat penurunan yang bermakna metode pelatihan interval 1:1 dan 1:3 ($p < 0,05$). Metode interval 1:1 menunjukkan penurunan waktu tempuh berenang yang lebih baik pada tes 1000 m gaya bebas ($p = 0,03$), sedangkan interval 1:3 menunjukkan penurunan waktu tempuh yang lebih baik pada tes 50 m gaya bebas ($p = 0,034$).

Hasil uji t terhadap variabel kapasitas kerja maksimal yang analog dengan denyut nadi maksimal. Pretest dan posttest memberi hasil: kelompok (1) tidak ada perbedaan yang bermakna ($p = 0,363$) pada kelompok (2) ada perbedaan yang bermakna ($p = 0,05$) dan kelompok (3) ada perbedaan yang bermakna ($p = 0,02$)

Pada penelitian ini dapat ditarik kesimpulan bahwa metode pelatihan renang interval 1:1 dan 1:3 dapat menurunkan waktu tempuh berenang atau dapat meningkatkan kecepatan berenang.

SUMMARY

INTERVAL 1:1 AND 1:3 SWIMMING METHODS TOWARD THE TIME REDUCTION IN FREE-STYLE 1000 AND 50 M

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The research aims to prove the interval exercise form on free style 50 ms in order to know the improvement of the capacity of maximum work and the reduction of time (the improvement of swimming speed). The research uses randomized pretest-posttest control group design.

The samples are 36 athletes of Suryanaga Club, Surabaya. The samples divided into 3 groups, each group consists of 12 athletes. Each group has different treatment: (1) The control group who use conventional method; (2) the group of free style 50 m exercise who use the 1:1 interval exercise method; and (3) The group of free-style 50 m exercise who use the 1:3 interval exercise method. Each group is given free style exercise and stop every 50 m. The exercise are repeated 20 x 50 m (the improvement of swimming speed 1.000 m) and it is done 3 times a week during 8 weeks. The reduction of the time (the improvement of swimming speed), the rest pulse, and the maximum pulse data is taken before the exercise (pretest) and after the exercise (posttest). The data are analyzed using descriptive statistic and inferential statistic (the distribution of normality test, the homogeneity of variants test, the anova test, the t pair test, the univariate test, the multivariate test) with the significant standard of 0,05.

The result showed that there was significant reduction of time with 1:1 and 1:3 interval swimming methods ($p < 0,05$). In 1:1 interval swimming method reduced more time in free-style 1000 ms ($p = 0,03$), and 1:3 interval swimming method reduced more time in free-style 50 ms ($p = 0,034$).

From the research, it can be concluded that the 1:1 and 1:3 interval exercise methods reduced the time or improve the swimming speed in free-style swimming.



ABSTRACT

**INTERVAL 1:1 AND 1:3 SWIMMING METHODS
TOWARD THE DECREASE OF SWIMMING SPEED
IN FREE-STYLE 1000 AND 50 MS**

Nurul Ansori

The research aims to prove the interval exercise form in order to know the reduction of time (the improvement of swimming speed). The research uses randomized pretest-posttest control group design. The samples are 36 athletes of Suryanaga Club, Surabaya. The samples divided into 3 groups, each group consists of 12 athletes. Each group has different treatment: (1) The group of free style 50 ms exercise who use the conventional exercise method; (2) The group of free style 50 ms exercise who use the 1:1 interval exercise method; and (3) The group of free-style 50 ms exercise who use the 1:3 interval exercise method. The exercise is done 3 times a week during 8 weeks. The reduction of the time, the rest pulse, and the maximum pulse data is taken before the exercise and after the exercise. The result showed that there was significant reduction of time with 1:1 and 1:3 interval swimming methods ($p < 0,05$). In 1:1 interval swimming methods reduces more time in free-style 50 ms ($p = 0,03$), and 1:3 interval swimming methods more time in free-style 50 ms ($p = 0,034$). From the research, it can be concluded that the 1:1 and 1:3 interval exercise methods reduced the time or improve the swimming speed in free-style swimming.

Keyword: interval swimming, time reduction, swimming speed.