

ABSTRAK

PENGARUH LATIHAN *PUMP IT UP* (PIU) DAN LATIHAN *ZIG ZAG RUN* TERHADAP KELINCAHAN DAN KESEIMBANGAN PADA ANAK USIA 7-8 TAHUN

PENDAHULUAN. Anak-anak tertarik melakukan aktivitas fisik yang dipadukan dengan musik dan tarian. *Pump It Up* (PIU) merupakan permainan semi aktif dikombinasikan dengan nyanyian dan tarian. *Zig Zag Run* yaitu latihan yang dilakukan dengan lari berkelok dengan durasi waktu. Pengaruh latihan PIU dan latihan *Zig Zag Run* terhadap kelincahan dan keseimbangan pada anak usia 7-8 tahun masih belum jelas.

METODE. Termasuk jenis penelitian eksperimental, dengan rancangan *Randomized Pre Post and Post Test Group Design*, terdiri dari 3 kelompok (PIU, *Zig Zag Run*, dan kontrol *Shuttle Run*) dengan total sampel 30. Kelincahan diukur dengan *Illionis Agility Test* dan keseimbangan dengan *Standing Stork Test*.

HASIL. Kelincahan pada PIU (K1) rerata *pre test* $24,80 \pm 2,04$ cm dan *post test* $12,20 \pm 1,13$ cm, *Zig Zag Run* (K2) rerata *pre test* $24,10 \pm 1,10$ cm dan *post test* $13,40 \pm 1,17$ cm, dan *Shuttle Run* (K3) rerata *pre test* $23,50 \pm 0,97$ cm dan *post test* $12,80 \pm 1,48$ cm. Pada keseimbangan kelompok PIU(K1) rerata *pre test* $19,90 \pm 2,47$ cm dan *post test* $51,80 \pm 1,23$ cm, *Zig Zag Run* (K2) rerata *pre test* $21,80 \pm 1,62$ cm dan *post test* $49,80 \pm 0,79$ cm, dan *Shuttle Run* (K3) rerata *pre test* $21,20 \pm 1,81$ cm dan *post test* $49,20 \pm 0,79$ cm. Uji anova menunjukkan terdapat pengaruh yang signifikan latihan *Pump It Up* dan *Zig Zag Run* terhadap kelincahan dan keseimbangan dengan nilai $p < 0,05$.

KESIMPULAN. Metode *Pump It Up* lebih meningkatkan kelincahan dan keseimbangan dibandingkan *Zig Zag Run*.

Kata Kunci: PIU, *Zig Zag Run*, Kelincahan, Keseimbangan.

ABSTRACT

THE EFFECT OF PUMP IT UP (PIU) TRAINING AND ZIG ZAG RUN TRAINING ON AGILITY AND BALANCE IN CHILDREN AGE 7-8 YEARS

INTRODUCTION. Children are interested in physical activity combined with music and dance. Pump It Up (PIU) is a semi-active game combined with singing and dancing. Zig Zag Run is an exercise that is carried out by meandering with duration of time. The effect of PIU and Zig Zag Run exercises on agility and balance in children aged 7-8 years is still unclear.

METHOD. This includes experimental research, with a Randomized Pre Post and Post Test Group Design, consisting of 3 groups (PIU, Zig Zag Run, and Shuttle Run control) with a total sample of 30. Agility was measured by the Illionis Agility Test and balance by the Standing Stork Test.

RESULTS. Agility in PIU (K1) mean pre test 24.80 ± 2.04 cm and post test 12.20 ± 1.13 cm, Zig Zag Run (K2) mean pre test 24.10 ± 1.10 cm and post test $13,40 \pm 1.17$ cm, and Shuttle Run (K3) mean pre test 23.50 ± 0.97 cm and post-test 12.80 ± 1.48 cm. In the balance of the PIU (K1) group the mean pre test was 19.90 ± 2.47 cm and the post test was 51.80 ± 1.23 cm, the Zig Zag Run (K2) the average pre test was 21.80 ± 1.62 cm and the post test 49.80 ± 0.79 cm, and Shuttle Run (K3) mean pre test 21.20 ± 1.81 cm and post-test 49.20 ± 0.79 cm. Anova test showed that there was a significant effect of Pump It Up and Zig Zag Run exercises on agility and balance with $p < 0.05$.

CONCLUSION. The Pump It Up method increased agility and balance more than Zig Zag Run.

Keywords: PIU, Zig Zag Run, Agility, Balance.