ABSTRAK

Futsal merupakan salah satu cabang olahraga permainan bola besar yang menuntut kemampuan fisik atau ketahanan kardiorespirasi yang tinggi. Memiliki daya tahan kardiorespirasi yang baik sangat penting bagi pemain futsal agar mampu menyelesaikan berbagai latihan dan pertanding tanpa mengalami kelelahan yang berlebih sehingga prestasi dalam pertandingan dapat meningkat. Demi menjaga daya tahan kardiorepirasi pemain futsal diperlukan latihan fisik yang efektif dan efisien. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian latihan *slow continuous running* terhadap peningkatan daya tahan kardiorespirasi pada pemain futsal di Klub Futsal Maragawi. Metode penelitian yang digunakan yaitu *pre-experimental* dengan *design one group pre test* dan *post test*. Jumlah sampel 17 orang yang didapat berdasarkan kriteria Inklusi, Eksklusi, dan Drop Out. Daya tahan kardiorespirasi diukur menggunakan *Balke Test*. Hasil penelitian ini pada *pre test* didapatkan nilai rata – rata daya tahan kardiorespirasi sebelum diberikan latihan yaitu 41,441 meter/min berada pada kategori sedang dan setelah di berikan latihan nilai rata – rata menjadi 44,212 meter/min dengan kategori baik. Uji Normalitas dengan *Shapiro Wilk Test* menunjukan hasil *pre-test* nilai siginifikansi sebesar 0,314 dan *post-test* sebesar 0,182. Nilai signifikansi tersebut > 0,05 sehingga dapat disimpulkan data Daya Tahan Kardiorespirasi *pre-test* dan *post-test* berdistribusi normal. Uji *Paired Sampel T-Test* menunjukan nilai signifikansi 0,000 ($p < 0.05$) yang berarti terdapat pengaruh latihan *slow continuous run* terhadap daya tahan kardiorespirasi. Simpulan dalam penelitian ini yaitu latihan *slow continuous run* dapat meningkatkan daya tahan kardiorespirasi terjadi peningkatan dengan persentase sebesar 6,68% dan dapat dijadikan solusi untuk menjaga dan memperbaiki ketahanan kardiorespirasi.

Kata kunci: Futsal, Daya Tahan Kardiorespirasi, *Slow Continuous Run*

ABSTRACT

Futsal is one of the big ball game sports that demands high physical ability or cardiorespiratory endurance. Having good cardiorespiratory endurance is very important for futsal players to be able to complete various exercises and matches without experiencing excessive fatigue so that achievements in matches can increase. In order to maintain the cardiorespiratory endurance of futsal players, effective and efficient physical training is needed. This study aims to determine the effect of giving slow continuous running training on increasing cardiorespiratory endurance in futsal players at Maragawi Futsal Club. The research method used is pre-experimental with a one group pre test and post test design. The sample size was 17 people based on the inclusion, exclusion, and drop out criteria. Cardiorespiratory endurance is measured using the Balke Test. The results of this study in the pre test obtained the average value - average cardiorespiratory endurance before being given exercise is 41.441 meters / min in the moderate category and after being given exercise the average value becomes 44.212 meters / min with a good category. Normality test with Shapiro Wilk Test shows the pre-test significance value of 0.314 and post-test of 0.182. The significance value is> 0.05 so it can be concluded that the pre-test and post-test Cardiorespiratory Endurance data are normally distributed. Paired Sample T-Test test shows a significance value of 0.000 (p < 0.05) which means there is an effect of slow continuous run training on cardiorespiratory endurance. The conclusion in this study is that slow continuous run training can increase cardiorespiratory endurance, there is an increase with a percentage of 6.68% and can be used as a solution to maintain and improve cardiorespiratory endurance.

Keywords: Futsal, Cardiorespiratory Endurance, Slow Continuous Running