

Abstrak

Seorang atlet lari 100 meter memerlukan daya tahan kardiorespirasi yang baik untuk menunjang performa selama tanding di lapangan. Untuk dapat mempertahankan daya tahan kardiorespirasi maka diterapkannya *circuit training*. Tujuan penelitian ini adalah untuk mengetahui pengaruh *circuit training* terhadap daya tahan kardiorespirasi pada atlet lari 100 meter di Badung Bali. Metode penelitian ini adalah *pre-experimental* dengan *design one group pre-test* dan *post test*. Sampel penelitian ini berjumlah 10 orang yang dipilih melalui kriteria inklusi dan eksklusi. Variabel bebas penelitian ini adalah *circuit training* dan variabel terikat adalah daya tahan kardiorespirasi yang diukur menggunakan *Harvard Step Test*. Nilai rata-rata *pre-test* adalah 69.74 termasuk kategori kurang dan setelah diberikannya *circuit training* selama 4 minggu nilai rata-rata daya tahan kardiorespirasi meningkat menjadi 73.37 masuk dalam kategori cukup dengan persentase sebesar 5.2%. Uji normalitas menggunakan *shapiro wilk test* dengan nilai *p pre-test* sebesar 0.429 dan nilai signifikan *post-test* daya tahan kardiorespirasi 0.753 yang artinya nilai $<0,05$ menandakan bahwa data berdistribusi normal. Uji hipotesis menggunakan *paired sample t-test* nilai signifikansi dari data daya tahan kardiorespirasi diperoleh 0,000 yang artinya terdapat peningkatan nilai rata-rata yang signifikan antara nilai *pretest* dan nilai *post test*. Simpulan pada penelitian ini adalah latihan *circuit training* mampu mempertahankan daya tahan kardiorespirasi dengan program latihan yang tepat.

Kata kunci: Daya Tahan Kardiorespirasi, *Circuit Training*, Atlet lari 100 Meter

Abstract

A 100-meter sprinter requires good cardiorespiratory endurance to support performance during competition on the field. To be able to maintain cardiorespiratory endurance, circuit training is implemented. The purpose of this study was to determine the effect of circuit training on the cardiorespiratory endurance of 100-meter sprint athletes in Badung, Bali. This research method is a pre-experimental design with one group pre-test and post-test. The sample of this study was 10 people who were selected through inclusion and exclusion criteria. The independent variable in this study was circuit training and the dependent variable was cardiorespiratory endurance as measured using the Harvard Step Test. The average value of the pre-test was 69.74 which was included in the poor category and after being given circuit training for 4 weeks the average value of cardiorespiratory endurance increased to 73.37 which was included in the sufficient category with a percentage of 5.2%. The normality test used the Shapiro-Wilk test with a pre-test p-value of 0.429 and a significant post-test cardiorespiratory endurance value of 0.753, which means a value <0.05 indicates that the data is normally distributed. Test the hypothesis using the paired sample t-test, the significance value of the cardiorespiratory endurance data is 0.000, which means that there is a significant increase in the average value between the pretest and post-test scores. The conclusion of this study is that circuit training exercises can maintain cardiorespiratory endurance with the right exercise program.

Keywords: Cardiorespiratory Endurance, Circuit Training, 100-meter Sprinter