

PENGARUH JUMP ROPE TRAINING TERHADAP DAYA TAHAN KARDIOVASKULER PADA SISWA SD NEGERI CINERE 2

Ridho Alfian Nur Ihsan

Abstrak

Daya tahan kardiovaskuler yang baik akan meningkatkan kemampuan kerja siswa dalam melakukan kegiatan belajar dan bermain dengan intensitas lebih besar dan waktu yang lebih lama tanpa mudah kelelahan. Penelitian ini dilakukan untuk mengetahui adanya pengaruh Jump Rope Training terhadap peningkatan Daya Tahan Kardiovaskuler pada siswa SD Negeri Cinere 2 Depok. Metode penelitian ini quasi-eksperimental dengan desain penelitian pre-test dan post-test untuk mengetahui penelitian dalam pengaruh Jump Rope Training terhadap Daya Tahan Kardiovaskuler pada siswa Sekolah Dasar. Sampel penelitian ini siswa Sekolah Dasar, dipilih sesuai dengan kriteria inklusi dan eklusi selanjutnya digunakan Jump Rope Training. Tes dalam pengukuran Daya Tahan Kardiovaskuler digunakan parameter Multistage Fitness Test dan Jump Rope Training dilakukan 3 kali seminggu selama 5 minggu di SD Negeri Cinere 2 Depok. Hasil Penelitian menunjukkan terdapat perbedaan antara pre-test dan post-test berdasarkan Uji T-paired nilai $p = 0.000$ ($p < 0.05$) menyatakan adanya pengaruh Jump Rope Training terhadap Daya Tahan Kardiovaskuler pada siswa SD Negeri Cinere 2 Depok.

Kata Kunci : Siswa, Daya Tahan Kardiovaskuler, Jump Rope Training, Multistage Fitness Test.

THE EFFECT OF JUMP ROPE TRAINING TO CARDIOVASCULAR ENDURANCE IN SDN CINERE 2 STUDENT

Ridho Alfian Nur Ihsan

Abstract

Good cardiovascular endurance will improve students' work abilities in carrying out learning and playing activities with greater intensity and longer periods of time without fatigue. This study was conducted to determine the effect of Jump Rope Training on increasing Cardiovascular Endurance in students of Cinere 2 Elementary School in Depok. This research method is quasi-experimental with a pre-test and post-test research design to find out research in the influence of Jump Rope Training on Cardiovascular Endurance in Elementary School students. The sample of this study was elementary school students, selected according to the inclusion and exclusion criteria then used Jump Rope Training. Tests in the measurement of Cardiovascular Endurance used the parameters of the Multistage Fitness Test and Jump Rope Training conducted 3 times a week for 5 weeks at the Cinere 2 Elementary School in Depok. The results showed that there were differences between pre-test and post-test based on the T-paired Test p value = 0,000 ($p < 0.05$) stated that there was an effect of Jump Rope Training on Cardiovascular Endurance in students of Cinere 2 Elementary School in Depok.

Keyword : Student, Cardiovascular Endurance, Jump Rope Training, Multistage Fitness Test.