

HUBUNGAN KETEBALAN LEMAK TERHADAP *RUNNING SPEED* PADA PEMAIN SEPAK BOLA LAKI-LAKI AMATIR

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Abstrak

Sepak bola merupakan salah satu olahraga yang terkenal dikalangan manapun serta bisa dimainkan oleh laki-laki maupun perempuan. Sepak bola memiliki komponen penting yang harus diperhatikan salah satunya yaitu antropometri dan kecepatan berlari. Antropometri terbagi beberapa macam yaitu berat, panjang, lingkar dan tebal lemak. Tebal lemak yang normal maupun berlebih pada pemain sepak bola bisa mempengaruhi kecepatan saat bermain sehingga membuat pemain bola tidak nyaman saat bertanding. Dalam penelitian ini bertujuan untuk mengetahui hubungan ketebalan lemak terhadap *running speed* pada pemain sepak bola laki-laki amatir. Jenis desain penelitian yang digunakan adalah *cross-sectional study* dengan jumlah responden 24 laki-laki berusia 20-27 tahun serta dilakukan secara observasi. Parameter yang digunakan untuk mencari hubungan ketebalan lemak dan *running speed* adalah *skinfold caliper* dan *30 meter sprint test*. Berdasarkan hasil dari 24 responden nilai ketebalan lemak terbanyak adalah kategori cukup dengan presentase 29.2% dan nilai *running speed* terbanyak adalah kategori sedang dengan presentase 41.7%. Setelah uji korelasi diperoleh bahwa terdapat hubungan ketebalan lemak terhadap *running speed*, dan *correlation coefficient Spearman's rho* $p=0.443$ searah. Kesimpulan dari penelitian ini menghasilkan bahwa ketebalan lemak berpengaruh terhadap *running speed*.

Kata Kunci: pemain sepak bola, ketebalan lemak, *running speed*

CORRELATION OF FAT THICKNESS TO RUNNING SPEED OF AMATEUR MALE SOCCER PLAYERS

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Abstract

Football is one of the most popular sports in the world and can be played by both men and women. Football has important components that must be considered, one of which is anthropometry and running speed. Anthropometry is divided into several types, namely weight, length, circumference and fat thickness. Normal or excess fat thickness in soccer player can affect the speed when playing, making soccer players uncomfortable when competing. This study aims to determine the relationship between fat thickness and running speed in amateur male soccer players. The type of research design used is a cross-sectional study with 24 male respondents aged 20-27 years and conducted by observation. The parameters used to find the relationship between fat thickness and running speed are the skinfold caliper and the 30 meter sprint test. Based on the results of 24 respondents, the highest fat thickness value was in the moderate category with a percentage of 29.2% and the highest running speed value was in the moderate category with a percentage of 41.7%. After the correlation test, it was found that there was a relationship between fat thickness and running speed, Spearman's rho correlation coefficient $\rho = 0.443$ in the same direction. The conclusion of this study resulted that fat thickness had an effect on running speed.

Keywords: Soccer Player, Fat Thickness, Running Speed