

DAYA TAHAN KARDIORESPIRASI DAN OTOT SISWA PENDIDIKAN PERTAMA TAMTAMA SEBELUM DAN SESUDAH PROGRAM PEMBINAAN JASMANI MILITER DI RINDAM JAYA TAHUN 2017

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Abstrak

Latihan fisik terprogram sangat menunjang tugas seorang Tentara Nasional Indonesia Angkatan Darat (TNI AD) yang memiliki aktivitas fisik yang berat. Salah satu unsur utama keberhasilan tugas TNI AD adalah kesegaran jasmani yang prima. Daya tahan kardiorespirasi dan daya tahan otot merupakan komponen kesegaran jasmani yang penting. Latihan fisik yang teratur dapat meningkatkan daya tahan kardiorespirasi dan daya tahan otot seseorang. Penelitian ini bertujuan untuk mengetahui perbedaan daya tahan kardiorespirasi dan daya tahan otot siswa Dikmata sebelum dan sesudah mengikuti program pembinaan jasmani militer di Rindam Jaya tahun 2017. Jenis penelitian yang digunakan analitik observasional dengan desain *cross sectional* terhadap 242 sampel yang telah memenuhi kriteria. Pengumpulan data berdasarkan data sekunder berupa nilai $VO_2 Max$ dan nilai *sit up*, *push up*, dan *pull up* siswa Dikmata di Rindam. Analisis data dilakukan dengan uji *Wilcoxon*. Hasil penelitian menunjukkan bahwa terdapat perbedaan daya tahan kardiorespirasi ($p=0,000$) dan daya tahan otot ($p=0,000$) siswa Dikmata sebelum dan sesudah program pembinaan jasmani militer di Rindam Jaya tahun 2017. Perbedaan ini kemungkinan terjadi karena latihan jasmani militer yang dilakukan secara teratur, terukur, dan terprogram.

Kata kunci: Daya tahan kardiorespirasi, daya tahan otot, pembinaan jasmani militer

CARDIORESPIRATORY AND MUSCLE ENDURANCE ON TAMTAMA STUDENT BEFORE AND AFTER A MILITARY PHYSICAL TRAINING PROGRAM AT RINDAM JAYA 2017

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Abstract

Physical exercise program has a big role to support Indonesian Army in order to perform their heavy duties. The major success factor for an army is having an excellent physical fitness. Cardiorespiratory and muscle endurance are the two most important components of physical fitness. Improving cardiorespiratory and muscle endurance could be done by taking physical exercise regularly. The aim of this research was to investigate the differences between cardiorespiratory and muscle endurance on Tamtama student before and after a military physical training program at Rindam Jaya 2017. This research used analytic observational method with cross sectional design in 242 samples. The data were collected from secondary data of VO₂ Max, sit up, push up, and pull up at Rindam Jaya 2017. Data analysis was performed with Wilcoxon test. The results showed that there are differences between cardiorespiratory ($p=0,000$) and muscle endurance ($p=0,000$) before and after physical training program at Rindam Jaya 2017. The three most common possibility that can cause differences between cardiorespiratory and muscle endurance before and after physical training program are well-organized, well-measured, and well-programmed exercise.

Keywords: Cardiorespiratory endurance, military physical training, muscle endurance