

## **ABSTRACT**

**Mohammad Revi Octrianico. Effect of group games Saturation Levels In Reducing Exercise In Extracurricular Futsal SMAN 2 Cibinong, Bogor Regency. Thesis: Jakarta, Recreational Sports, Faculty of Sport Science, State University of Jakarta, 2016**

This study aims to determine the extent of influence in the group game against saturation heating member extracurricular exercise Futsal SMAN 2 Cibinong, Bogor Regency. This study was conducted on 25 November 2015 - Dec 30 2015, while a study was conducted in Futsal KRD Center, Jalan Karadenan, District Cibinong, Bogor Regency. The method used in this research is a method of pre-experimental research design using pre-test and post-test group is to determine the influence of independent variables on the dependent variable group game saturation exercise extracurricular members futsal SMAN 2 Cibinong, Bogor Regency.

The study begins with the initial tests to determine the extent of saturation level of training members of extracurricular futsal SMAN 2 Cibinong, Bogor, then given treatment application of group games in six sessions and conducted a final test to determine the extent of decrease in the saturation level of training members of extracurricular futsal SMAN 2 Cibinong after a given game in heating. In this study, data collection using research

instruments such as questionnaires and analysis techniques in this study using the technique t-test statistics.

The study states that the effect on the group game saturation decreased levels of exercise extracurricular members futsal SMAN 2 Cibinong, Bogor Regency. This is evident from the results of the data analysis of the initial test and final test exercise saturation were analyzed using t-test. From the analysis of the data obtained tcount of 11.4. Further tested with ttable confidence level  $\alpha = 0.05$  and a degree of freedom  $n-1 = 25-1 = 24$ , obtained TTable value of 2.064, thus the value t count > t table or  $11.4 > 2.064$ . With proven tcount > ttable value can be stated that games affect the saturation level group on extracurricular exercise futsal SMAN 2 Cibinong, Bogor Regency.