

ABSTRACT

MUHAMMAD WICAKSONO, The effectiveness of slow interval training method with rest active and rest passive toward the improvement of 800 meters run at UKO University of Indonesia Athletics, Skripsi: Jakarta. Coaching Sport Education. Faculty of Sport Sciene. State University of Jakarta. March 2017

The purpose of this study is to investigate, 1) the effectiveness of slow interval training method with active rest toward the improvement of 800 meters run at UKO Athletics Universitas Indonesia, 2) the effectiveness of slow interval training method with passive rest toward the improvement of 800 meters run at UKO Athletics Universitas Indonesia, 3) which one is more effective between slow interval training method with rest active or rest passive toward the improvement of 800 meters run at UKO Athletics University of Indonesia Indonesia.

The place of this study is at Universitas Indonesia's stadium, Depok, West Java. The data of this study was collected since November-December 2016. The method of this study is experiment method. The participants of this study are 68 male atlets from UKOR Athletics Univeristas Indonesia, the data that being used are only 20 samples from 20 atlets. To collect the data, the writer used non-probability sampling technique. The instrument of the study is 800 meters run test.

Based on the total of test result, the hypothesis texting from both groups through independent sample t-test the final result slow interval with rest active group (X_2) and slow interval and rest passive group (X_1). The average of the first group is (M_{x2}) 2.42 with basic deviation (SD_x) 0.22 and error standard (SE) 0.07. Meanwhile for the second group the average is (M_{x1}) 2.53 with basic deviation (SD) 0.33 and error standard (SE) 0.10.

From the data of all groups, it can be seen the mean of different error standard (SD_{MX1MX2}) as much 0.12. the total of the result showed that t_{hitung} 0.84. Then t_{tabel} on the credibility standard 5% and the liberty degree $(N1+N2)-2= 18$ obtained $t_{tabel} = 2.1$ where the hypotheses is the result of slow interval training with rest active is not so effective rather than on the improvement of 800 meters run rather than slow interval training with rest passive