

# **PENGARUH LATIHAN CIRCUIT TRAINING DAN INTERVAL TRAINING TERHADAP PENINGKATAN DAYA TAHAN SISWA EKSTRAKURIKULER OLAHRAGA DI SMPN 3 CITEUREUP**

## **ABSTRAK**

Penelitian ini bertujuan untuk membuktikan Pengaruh Latihan Circuit Training dan Interval Training Terhadap Peningkatan Daya Tahan Siswa Ekstrakurikuler Olahraga di SMPN 3 Citeureup, Jenis penelitian ini adalah penelitian eksperimen untuk mengetahui hubungan dua variabel yang akan diteliti. Besar kecilnya hubungan tersebut dinyatakan dalam bentuk eksperimen.“ eksperimen adalah penelitian yang dilakukan dengan mengadakan manipulasi terhadap objek penelitian serta adanya control”.

Pada penelitian ini yang akan menjadi populasi adalah siswa kelas VIII SMPN 3 Citeureup. Sampel yang diambil berjumlah 20 orang. Karena teknik pengambilan sampel dengan menggunakan sampel jenuh. Sampel jenuh adalah sensus, dimana semua anggota populasi dijadikan sampel. Hasil data awal tes lari 1000 meter menunjukan kemampuan siswa yang masih kurang, setelah diterapkan metode latihan circuit dan interval training masing-masing memberi kontribusi pada peningkatan hasil tes lari 1000 meter pada siswa yang mengikuti ekstrakurikuler olahraga di SMPN 3 Citeureup.

Data tes awal dan data akhir tes lari 1000 meter dengan metode latihan circuit training. Selanjutnya diuji dengan nilai t tabel  $\alpha = 0,05$  dan derajat kebebasan  $N - 1 = 10 - 1 = 9$ , diperoleh nilai t tabel sebesar 1,833 Dengan demikian nilai thitung > nilai t tabel atau  $10,86 > 1,833$ . Hasil data awal dan data akhir tes lari 1000 meter dengan metode latihan interval training diuji dengan nilai t tabel  $\alpha = 0,05$  dan derajat kebebasan  $N - 1 = 10 - 1 = 9$ , diperoleh nilai t tabel sebesar 1,833 Dengan demikian nilai thitung > nilai t tabel atau  $19,22 > 1,833$ . Berdasarkan uraian di atas, dapat disimpulkan bahwa hipotesis nol ( $H_0$ ) ditolak dan hipotesis kerja diterima, yakni circuit training dan interval training berpengaruh pada hasil tes 1000 meter siswa ekstrakurikuler olahraga di SMPN 3 Citeureup.

Kata Kunci: Pengaruh, Interval training, circuit training, lari 1000 meter.

# **THE INFLUENCE OF CIRCUIT TRAINING TRAINING AND INTERVAL TRAINING ON INCREASING THE DURABILITY OF EXTRACURRICULAR SPORTS STUDENTS IN SMPN 3 CITEUREUP**

## **ABSTRACT**

Abstract. This research aims to prove the influence of Circuit training training and Interval training on the improvement of students ' endurance sports extracurricular sport at SMPN 3 citeureup, this type of research is experimental research to know the relationship of two Variabel that will be researched. The big little relationship is expressed in the form of experimentation. "Experimentation is research conducted by conducting manipulation of research objects and control".

In this study, the population would be a grade VIII student of SMPN 3 Citeureup. Samples taken 20 people. Due to sampling techniques using saturated samples. A saturated sample is a census, where all population members are made samples. Results of preliminary data of the 1000-meter run test show the ability of students who still lack, after applying the circuit training methods and interval training each contributes to the increase of the results of the test run of 1000 meters in students who follow Extracurricular sports at SMPN 3 Citeureup.

Preliminary test data and the final data of the 1000 meter run test with a circuit training exercise method. Further tested with the T value of table  $\alpha = 0.05$  and degrees of freedom  $N - 1 = 10 - 1 = 9$ , obtained t value of the table at 1.833 thereby the value  $T_{count} > t$  value of table or  $10.86 > 1.833$ . Preliminary data results and the final data of the 1000-metre run test with interval training exercise method tested with the value of table  $t \alpha = 0.05$  and degrees of freedom  $N - 1 = 10 - 1 = 9$ , obtained t value table by 1.833 thus the value  $T_{count} > table t$  value or  $19.22 > 1.833$ . Based on the above description, it can be concluded that the zero hypothesis ( $H_0$ ) is rejected and the work hypothesis is accepted, namely circuit training and interval training are influential in the 1000-metre test results of the students at SMPN 3 citeureup.

Keywords: influence, Interval training, circuit training, run 1000 meters.