

ABSTRACT

The Effect of Circuit Training and Fartlek Exercise Method toward VO2Max Skills of Basketball Athletes of Semen Padang Club

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Underlying this present study was that physical condition of basketball athletes in Semen Padang club was still low. Therefore, the present study aimed at revealing the effect of circuit training and fartlek exercise method toward VO2Max skill of basketball athletes in Padang.

This study was designed as quasi experimental research which was done on basketball athletes of Semen Padang Club. 20 athletes were decided as the population of the study and proportional random sampling technique was used to get the sample of the study. Furthermore, yo-yo test was used to measure the athletes' VO2Max skill. After the test was conducted, the athletes were divided into two matching groups in which 10 members applied circuit training method and the other 10 members applied fartlek method consisting of two types of exercises. The data gotten were analyzed by using t-test.

The result showed that: (1) there was a significant effect of circuit training method toward the improvement of VO2Max skill of basketball athletes of Semen Padang Club; (2) there was a significant effect of fartlek exercise toward the improvement of VO2Max skill of basketball athletes of Semen Padang Club; (3) the result of the third hypothesis testing showed that t-test was 3.74, while t-table at $\alpha \frac{1}{2} 0.05$ was 1,833, with the criteria if t-test > t-table, H0 was accepted, and if t-test < t-table, H0 was rejected. Therefore, the result yielded that t-test > t-table (3.74 > 1.833). It can be concluded that there was a significant effect of fartlek method toward the improvement of VO2Max skill of basketball athletes of Semen Padang club.

ABSTRAK

Perbedaan Pengaruh Metode *Circuit Training* dan Metode *Fartlek* terhadap Kemampuan *VO2Max* atlet Bolabasket Klub Semen Padang Kota Padang

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Masalah dalam penelitian ini adalah rendah kondisi fisik atlet bolabasket Semen Padang Kota Padang. Penelitian ini bertujuan untuk mengungkapkan perbedaan pengaruh metode *circuit training* dan *fartlek* terhadap kemampuan *VO2Max* atlet bolabasket Kota Padang.

Jenis penelitian ini adalah eksperimen yang dilakukan pada atlet bolabasket klub Semen Padang. Populasi penelitian ini adalah atlet bolabasket Semen Padang. Sampel yang digunakan dalam penelitian ini menggunakan *proportional random sampling*. Untuk mengukur kemampuan *VO2Max* dengan menggunakan test yo-yo. Setelah melakukan test dibagi menjadi 2 kelompok dengan dilakukan *matching* 10 orang menggunakan metode *circuit training* dan 10 orang metode *fartlek* yang terdiri dari dua bentuk latihan. Teknik analisis uji t test analisis data.

Hasil analisis data menunjukkan bahwa: (1) Metode *circuit training* memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *VO2Max* atlet bolabasket klub Semen Padang Kota Padang. (2) Metode *fartlek* memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *VO2Max* atlet bolabasket klub Semen Padang Kota Padang. (3) Hasil pengujian hipotesis ketiga menunjukkan bahwa thitung sebesar 3.74, sedangkan ttabel pada $\alpha \frac{1}{2} 0.05$ sebesar 1.833, kriteria pengujian jika thitung > ttabel maka H0 diterima, sebaliknya jika thitung < ttabel H0 ditolak. Jadi thitung 3.74 > ttabel 1.833 maka dapat disimpulkan bahwa metode *fartlek* memberikan pengaruh yang signifikan terhadap peningkatan kemampuan *VO2Max* atlet bolabasket klub Semen Padang Kota Padang.