

## ABSTRACT

**Roiyatul Ruqayah (2019). The Influence Of The Circuit System and Set System Training Methods On Improving The Physical Condition Of High School Sports Athletes In RIAU. Tesis. Program Studi Pendidikan Olahraga S2. Fakultas Ilmu Keolahragaan. Universitas Negeri Padang.**

Based on researchers' observation in the field, the achievements of table tennis showed unsatisfactory result, athlete quickly experienced fatigue during the match so the techniques and atrategies were reduced and physical conditions declined. Then based on data the physical condition of athlete shows that they still do not have a good level. The purpose of this study was to determine the effect of training methods on the physical condition of table tennis athlete.

This type of research is a quasi eksperiment study with a normaly test approach homogeneity test. The purpose of this study was to determine the effect of the training system of circuit and system sets on the physical condition of high school athlete in Riau national sports, the population in this study were Riau sports senior high school table tennis athlete, amounting to 10 people, the sampling technique used was saturated sample technique. Data was collected using a physical condition test consisting of a 2400 m running, 30 m running test, 4x10 m running test, sit and reach, and ball medicine.

The result of the analysis show that the circuit system training method can improve the physical conditioning of Riau sports senior high school table tennis athlete, the set system training method can improve the physical conditioning of Riau sports senior high school table tennis athlete, average 402.39 campared to the set system training method with an average yield of 361.70 to increase the physical condition of senior high school sports athletes in Riau.

**Keyword :** Method Of Circuit System Training, Method Of System Set Training, and Physical Condition

## ABSTRAK

**Roiyatul Ruqayah (2019). Pengaruh Metode Latihan Sistem Sirkuit dan Sistem Set terhadap Peningkatan Kondisi Fisik Atlet Tenis Meja SMA Negeri Olahraga RIAU. Tesis. Program Studi Pendidikan Olahraga S2. Fakultas Ilmu Keolahragaan. Universitas Negeri Padang.**

Berdasarkan pengamatan peneliti di lapangan, prestasi atlet tenis meja SMA Negeri Olahraga Riau menunjukkan hasil yang kurang memuaskan, atlet cepat mengalami kelelahan ketika pertandingan sehingga teknik dan strategi menjadi berkurang dan kondisi fisik menurun. Tujuan penelitian ini untuk mengetahui pengaruh metode latihan sistem sirkuit dan sistem set terhadap kondisi fisik atlet tenis meja.

Jenis penelitian ini adalah eksperimen semu (*quasi eksperimen*) dengan pendekatan kuantitatif. Populasi dalam penelitian ini adalah atlet tenis meja SMA Negeri Olahraga Riau yang berjumlah 20 orang atlet. Teknik pengambilan sampel menggunakan teknik sampel jenuh. Teknik pembagian kelompok menggunakan *ordinal pairing*. Data dikumpulkan dengan menggunakan tes kondisi fisik yang terdiri dari tes lari 2400 M, tes lari 30 M, tes lari 4x10 M, *sit and reach*, dan *medicine ball put*.

Hasil penelitian menunjukkan bahwa; (1) metode latihan sistem sirkuit memberikan pengaruh terhadap peningkatan kondisi fisik atlet tenis meja SMA Negeri Olahraga Riau; (2) metode latihan sistem set memberikan pengaruh terhadap peningkatan kondisi fisik atlet tenis meja SMA Negeri Olahraga Riau; (3) metode latihan sistem sirkuit memberikan pengaruh positif lebih tinggi yakni dengan hasil rata-rata 402.39 dibandingkan metode latihan sistem set yakni dengan hasil rata-rata 361.70 terhadap peningkatan kondisi fisik tenis meja SMA Negeri Olahraga Riau.

**Kata Kunci :** Metode Latihan Sistem Sirkuit, Metode Latihan Sistem Set, dan Kondisi Fisik