LAPORAN PENELITIAN

PENGARUH LATIHAN PERNAFASAN SISTEM MERPATI PUTIH TERHADAP PENINGKATAN VO$_2$ MAK. PESILAT

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Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh latihan pernafasan sistem Merpati Putih terhadap peningkatan VO$_2$ mak. Pesilat.

Jenis penelitian ini adalah penelitian eksperimen dengan rancangan *"The One-Group Pretest-Posttest Design."* Populasi adalah pesilat UKM STTNAS, sampel adalah mahasiswa putra dan putrid yang berjumlah 20 orang yang diambil secara acak. Metode pengumpulan data adalah dengan teknik tes. Instrumen pengukuran data VO$_2$ mak. pesilat menggunakan tes lari bolak-balik *Multi Stage*. Analisis data untuk menguji reliabilitas tes menggunakan korelasi Momen Tangkar dari Pearson. Sedang untuk menguji hipotesis dilakukan dengan uji-T dan untuk menerima atau menolak hipotesis dengan menggunakan taraf signifikansi 5%.

Hasil penelitian untuk uji reliabilitas tes lari *Multi Stage* diperoleh keofisien reliabilitas r = 0,80 berarti tes tersebut reliabel. Uji-T tes lari *Multi Stage* (VO$_2$ Mak.) pesilat diperoleh rerata 33.089 untuk tes pertama dan rerata tes kedua 35.038 dengan p: 0,017 berarti ada perbedaan yang sangat signifikan peningkatan VO$_2$ mak antara pesilat yang belum pernah latihan pernafasan dengan pesilat yang melakukan sistem pernafasan.

Kata Kunci: Pernafasan Merpati Putih

A RESEARCH REPORT

THE EFFECTS OF *MERPATI PUTIH* BREATHING SYSTEM TOWARDS THE INCREASE OF PESILAT/FIGHTERS' VO$_2$ MAX

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Abstract

This research aims at demonstrating the effects of Merpati Putih breathing system towards the increase of fighters' VO$_2$ max.

This is an experimental study using *The One-Group Pretest-Posttest Design.* The populations involved in this study were the fighters of STTNAS Students' Activity Unit, while the samples were 20 male and female students taken randomly. The data were collected through the test technique. The research instruments used to measure fighters' I VO$_2$ max were *Multi Stage reverse run tests*. The data were analyzed using Pearson's product moment correlation to test its reliability. In addition, to test the hypothesis, the researcher used T-test and to accept or reject the hypothesis, the researcher used the significance level of 5%.

The results showed that the reliability test on the *Multi Stage* run test resulted in correlation coefficient of r = 0.80 which inferred that the test was reliable. The T-test on *Multi Stage* run test (VO$_2$ Max) of the fighters resulted in the mean value of 33.089 for the first test and 35.038 on the second test with p: 0.017. It inferred that there were significant differences in the increase of VO$_2$ max between the fighters who had not had experience the breathing system and those who had.

Keywords: *Merpati Putih* Breathing