

LAPORAN PENELITIAN

**PERBEDAAN PRESTASI RENANG GAYA DOLPHIN, GAYA PUNGGUNG, DAN
GAYA DADA ANTARA PUTRA DAN PUTRI
PADA KELOMPOK UMUR 11-12 TAHUN**

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Abstrak

Penelitian ini bertujuan untuk mengetahui ada tidaknya perbedaan prestasi renang gaya dolphin, gaya punggung, dan gaya dada jarak 100 meter yang signifikan antara putra dan putri antara kelompok umur 11-12 tahun. Pertumbuhan antara putra dan putri pada umur tersebut sangat berbeda, terutama tinggi badan putri pada umur tersebut lebih cepat bila dibandingkan dengan putra. Di samping itu, bahwa tubuh perenang putri lebih mudah mengambang dari perenang putra, salah satu penyebabnya adalah lebak badan dan tulang yang lebih ringan.

Populasi adalah perenang kelompok umur tiga (11-12 tahun) yang mengikuti Kejuaraan Nasional Renang Kelompok Umur dan Senior tahun 2001 di Jakarta. Metode pengumpulan data dengan analisa dokumen. Teknik pencuplikan dengan *purposive sampling*, besarnya cuplikan untuk gaya dolphin 13 putra dan 12 putri, gaya punggung 15 putra dan 16 putri, sedangkan gaya dada 13 putra dan 12 putri. Pengujian hipotesis dengan Uji-t, taraf pengujian signifikansi 1%.

Hasil-hasil analisis menunjukkan bahwa antara putra dan putri prestasi renang gaya dolphin, gaya punggung, dan gaya dada pada jarak 100 meter tidak berbeda secara signifikan. Hasil perhitungan gaya dolphin, t -observasi $2,1619 <$ dari t tabel $2,807$. Untuk gaya punggung t -observasi $0,2306 <$ dari t tabel $2,756$. Dan untuk gaya dada, t observasi $1,7975 <$ dari t tabel $2,807$. Dengan demikian bahwa antara putra dan putri pada gaya dolphin, gaya punggung, dan gaya dada pada jarak 100 meter kelompok umur tiga (11-12 tahun) masing-masing gaya dapat dipertimbangkan untuk dilombakan bersama-sama.

A RESEARCH REPORT

THE DIFFERENCES IN SWIMMING ACHIEVEMENTS IN DOLPHIN, BACK, AND BREAST STROKE STYLES IN MALE AND FEMALE ADOLESCENTS IN THE AGE OF 11 TO 12

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Abstract

This study aims at determining whether or not there are significant different swimming achievements in dolphin, back, and breast stroke styles for 100 meters between male and female adolescents in the age of 11-12 years. The growth of male and female adolescents in this age is very different, especially that the female adolescents' height. In addition, the female adolescents' bodies can float easier than males' because of their body and skeleton lighter mass.

The populations were swimmers divided into three age groups (11-12 years). They were swimmers who participated in Junior and Senior Swimming National Competition year 2001 held in Jakarta. The data were collected through document analysis. The populations were divided using *purposive sampling*. There were 13 male and 12 female swimmers for the dolphin style, 15 male and 16 female swimmers for the back style, and 13 male and 12 female swimmers for the breast stroke style. The hypothesis was tested through the t test with the significant level of 1%.

The results of analyses show that the achievements of male and female swimmers in 100-meter swim in dolphin style, back style, and breast stroke style were not significantly different. The result on the dolphin style was $t\text{-observation } 2.1619 < t\text{-table } 2.807$. For the back style, the $t\text{-observation}$ was $0.2306 < t\text{-table } 2.756$. Finally, the result of the analysis on the breast stroke style was $t\text{-observation } 1.7975 < t\text{-table } 2.807$. Thus, it can be concluded that male and female swimmers can compete equally in dolphin, back, and breast stroke styles for 100-meter swim in the three age groups (11-12 years).