

**STUDY OF GROWTH RESULT OF PRACTICE AT GROUP PRACTICE
GYMNASTIC EXHALATION TO INCREASE OF CAPACITIES AEROBIC
(An Experiment Study in Group Practice Gymnastic Pelangi Antapani Bandung**

By : Tite Juliantine

School of Physical Education and Health Education

Indonesia University of Education

2003

Abstract

Development Capacities aerobic can be done with various aerobic practice form. Aerobic practice can be done with various practice form, with its practice characteristic, that is " Done by continue " given burden is not underweight nor too heavy, and " Done with a long time (minimum 8 minute)

Exhalation gymnastic represent one of the aerobic practice form with aim to develop and improve aerobic capacities. By owning good aerobic capacities, it is of course will give support to physical activity and bounce performed within time which a long time.

The aim of research is to know how aerobic capacities growth all participant practice gymnastic exhalation after following practice gymnastic exhalation during 3 months with practice frequency 2 times one week during 1 hour. Sample in this research counted 89 people, taken by purposive sampling. After done by proven data analysis and enumeration that there are increase of aerobic capacities after following exhalation gymnastic during 3 months (24 times meeting).

Used by research method is observation method. Used by Research Design is Pre-Test - Post-Test Design. As test instrument used to measure aerobic capacities is Test run 2, 4 km from Cooper.

Result of this research can give picture that increase of aerobic capacities earn happened if us do practice by continue, its practice burden is not underweight nor too heavy, and also done during which a long time (minimum 8 minute). Increase of aerobic capacities will have an effect on to quality of corporeal freshness, in this case sustain to someone performance.

**STUDI TENTANG PERKEMBANGAN HASIL LATIHAN PADA KELOMPOK
SENAM PERNAFASAN (PORPI) TERHADAP PENINGKATAN KAPASITAS
AEROBIK**

(Suatu Studi Eksperimen di Kelompok Senam Pelangi Antapani Bandung)

Oleh : Tite Juliantine dan Danu Hoedaya

FPOK – UPI

2005

Abstrak

Pengembangan kapasitas aerobik dapat dilakukan dengan berbagai bentuk latihan aerobik. Latihan aerobik dapat dilakukan dengan berbagai bentuk latihan, dengan karakteristik latihannya, yaitu :

- Dilakukan secara kontinyu
- Beban yang diberikan tidak terlalu ringan juga tidak terlalu berat
- Dilakukan dengan waktu relatif lama (minimal 8 menit)

Senam pernafasan merupakan salah satu bentuk latihan aerobik yang bertujuan untuk mengembangkan dan meningkatkan kapasitas aerobik. Dengan memiliki kapasitas aerobik yang baik, tentunya akan memberikan dukungan terhadap aktivitas fisik dan mental yang dilakukan dalam waktu yang relatif lama.

Tujuan penelitian ini adalah untuk mengetahui bagaimana perkembangan kapasitas aerobik para peserta senam pernafasan setelah mengikuti latihan senam pernafasan selama 3 bulan dengan frekuensi latihan 2 kali seminggu selama 1 jam. Sampel dalam penelitian ini sebanyak 89 orang, yang diambil secara purposive sampling.

Metode penelitian yang digunakan adalah metode observasi dengan teknik pengumpulan data menggunakan tes dan pengukuran. Desain penelitian yang digunakan adalah Pre-test – Post-test Design. Sebagai instrument tes yang digunakan untuk mengukur kapasitas aerobik adalah Tes lari 2, 4 km dari Cooper.

Setelah dilakukan penghitungan dan analisis data terbukti bahwa terdapat peningkatan kapasitas aerobik setelah mengikuti senam pernafasan selama 3 bulan (24 kali pertemuan). Hasil penelitian ini dapat memberikan gambaran bahwa peningkatan kapasitas aerobik dapat terjadi apabila kita melakukan latihan secara kontinyu, beban latihannya tidak terlalu ringan juga tidak terlalu berat, serta dilakukan dalam waktu yang relatif lama (minimal 8 menit). Peningkatan kapasitas aerobik akan berpengaruh terhadap kualitas kesegaran jasmani, dalam hal ini menyangkut terhadap kinerja seseorang.

PENDAHULUAN

Pengembangan kapasitas aerobik dapat dilakukan dengan berbagai bentuk latihan aerobik. Latihan aerobik dapat dilakukan dengan berbagai bentuk latihan, dengan karakteristik latihannya adalah kontinyu, beban sedang (menengah), dan dilakukan dalam waktu yang relatif lama (minimal 8 menit). Dengan memiliki kapasitas aerobik yang baik, akan berdampak terhadap kualitas kebugaran jasmani, dalam hal ini menopang terhadap kinerja seseorang. PORPI merupakan suatu perkumpulan olahraga senam pernafasan, yang materi inti latihannya terdiri dari senam disco, senam SKJ, dan senam kreasi, dan lama latihannya adalah 1 jam.

IDENTIFIKASI MASALAH

Tujuan penelitian ini adalah untuk memperoleh informasi-informasi obyektif dan bertujuan untuk :

1. Mengetahui sejauhmana kapasitas aerobik yang dimiliki peserta senam pernafasan sebelum mereka mengikuti kegiatan senam pernafasan.
2. Mengetahui sejauhmana kapasitas aerobik yang dimiliki peserta senam pernafasan setelah mereka mengikuti kegiatan senam pernafasan selama 3 bulan (24 kali pertemuan).

METODE PENELITIAN

Metode penelitian yang digunakan untuk memecahkan masalah ini adalah metode observasi, dengan alasan penulis secara langsung mengamati orang coba yang akan diteliti. Sampel dalam penelitian ini sebanyak 89 orang yang diambil secara purposive sampling

DESAIN PENELITIAN

Desain penelitian yang digunakan dalam penelitian ini adalah Pre – Test - Post – Test design.

Desain Penelitian

Tes Awal → Perlakuan → Tes Akhir

HIPOTESIS PENELITIAN

Hipotesis dari penelitian ini adalah :

Dengan mengikuti kegiatan senam pernafasan yang materinya terdiri dari senam disco, SKJ, dan senam kreasi selama 3 bulan (24 kali pertemuan), apabila dilakukan secara terencana, teratur dan terprogram serta mengacu kepada prinsip-prinsip latihan dapat meningkatkan kapasitas aerobik.

HASIL PENELITIAN

Variabel Tes	Hasil t - Hitung	t (i - ½ α) (dk) t', 0,	Hasilnya
- Tes Awal	7,18	1,96	Signifikan
- Tes Akhir			

Dari tabel terlihat bahwa t – Hitung lebih besar dari t – Tabel distribusi. Dengan demikian H_0 *ditolak*. Ini berarti terdapat peningkatan hasil latihan yang berarti

setelah mengikuti kegiatan senam
pernafasan selama 3 bulan (24 kali
pertemuan) .

KESIMPULAN

Dari gambaran analisis hasil latihan berupa kemampuan kapasitas aerobik akibat proses latihan senam pernafasan selama 3 bulan (24 kali pertemuan) I memberikan pengaruh yang signifikan untuk meningkatkan kapasitas aerobik. Peningkatan kapasitas aerobik akan berpengaruh terhadap kualitas kesegaran jasmani. Kapasitas aerobik merupakan salah satu unsur penting dalam

menentukan kualitas kebugaran jasmani seseorang dan hal ini akan berpengaruh terhadap kinerja seseorang. Selain itu kapasitas aerobik akan memberikan dampak terhadap efisiensi kerja jantung, sehingga pengeluaran energinya menjadi lebih efisien. Ditinjau dari kapasitas aerobik subyek terjadi peningkatan yang berarti, dilihat dari hasil perbandingan antara tes awal dan tes akhir.

**STUDY OF GROWTH RESULT OF PRACTICE AT GROUP
PRACTICE GYMNAS TIC EXHALATION TO MAKE-UP OF
CAPACITIES AEROBIC**

**(An Experiment Study in Group Practice Gymnastic Pelangi Antapani
Bandung**

By : Tite Juliantine

School of Physical Education and Health Education

Indonesia University of Education

2003

ABSTRACT

Development Capacities aerobic can be done with various aerobic practice form. Aerobic practice can be done with various practice form, with its practice characteristic, that is " Done by continue " given burden is not underweight nor too heavy, and " Done with a long time (minimum 8 minute)

Exhalation gymnastic represent one of the aerobic practice form with aim to develop and improve aerobic capacities. By owning good aerobic capacities, it is of course will give support to physical activity and bounce performed within time which a long time.

The aim of research is to know how aerobic capacities growth all participant practice gymnastic exhalation after following practice gymnastic exhalation during 3 months with practice frequency 2 times one week during 1 hour. Sample in this research counted 89 people, taken by purposive sampling. After done by proven data analysis and enumeration that there are make-up of aerobic capacities after following exhalation gymnastic during 3 months (24 times meeting).

Used by research method is observation method. used by Research Design is Pre-Test - Post-Test Design. As test instrument used to measure aerobic capacities is Test run 2, 4 km from Cooper.

Result of this research can give picture that make-up of aerobic capacities earn happened if us do practice by continue, its practice burden is not underweight nor too heavy, and also done during which a long time (minimum 8 minute). Make-Up of aerobic capacities will have an effect on to quality of corporeal freshness, in this case sustain to someone performance

INTRODUCTION

Aerobic capacity development can be done with various aerobic practice form. Aerobic practice can be done with various practice form, with its practice characteristic is continue, burden is, and done during which a long time (minimum 8 minutes). By owning good aerobic capacity, will affect to quality of corporeal freshness, in this case sustain to someone performance. PORPI represent an exhalation gymnastics, which is items of is core of its practice consist of disco gymnastic, practice gymnastic SKJ, and creation gymnastic, and its practice is 1 hour.

THE AIM OF RESEARCH

The aim of this research is to obtain get objective information and aim to :

1. Knowing how an aerobic capacity had by participant practice gymnastic exhalation before them follow activity practice gymnastic exhalation.

2. Knowing how an aerobic capacities had by participant practice gymnastic exhalation after them follow activity practice gymnastic exhalation during 3 months (24 times meeting).

THE REASEARCH METHOD

Research method used to solve problem is observation method, with reason of writer directly perceive people try to check. Sample in this research counted 89 who is taken by purposive sampling.

THE RESEARCH DESIGN

**The type of this research design which is
Pre Test - Post Test design**

Research design

Pre Test

Treatment

Post Test

THE RESEARCH HYPOTHESIS

The hypothesis of the experiment is :

After following activity practice gymnastic exhalation which is its items consist of disco gymnastic, SKJ, and creation gymnastic during 3 months (24 times meeting), if done by sisthematic, regular and program and also relate to practice principles can improve aerobic capacity

RESULT

**Variable Test result of t -score (i) (dk)
t', 0, Its result – Pre Test - Post Test 7,18
1,96 Signifikan**

From tables seen that t - score bigger than t - Tables of distribution. Thereby H0 refused. This means there are make-up of result of practice meaning after following activity practice gymnastic exhalation during 3 months (24 times meeting

CONCLUSION

From picture analysis result of practice in the form of ability [of] aerobic capacity effect of practice process practice gymnastic exhalation during 3 months (24 times meeting) I give influence which [is] significant to increase aerobic capacity. Increase of aerobic capacity will have an effect on to quality of corporeal freshness. Aerobic capacity represent one of the important element in determining the quality of corporeal freshness of this matter and someone will sustain to someone performance. Besides aerobic capacity will give impact to efficiency work heart, so that its conscription become more efficient. Evaluated from subject aerobic capacity happened the increase of meaning, to be seen from result of comparison between pre test and post test.