

Pengaruh latihan mandiri dalam rangka pembatasan kegiatan masyarakat: Study kasus atlet pencak silat Kabupaten Karawang

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Author Order	5 of 5
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Abstract	<p>Pembatasan kegiatan masyarakat akibat penyebaran virus covid-19 telah mengubah olahraga di Indonesia sehingga memaksa para atlet untuk melakukan latihan mandiri di tempat tinggalnya masing-masing dengan program latihan yang dibuat oleh para pelatihnya. Tujuan penelitian ini adalah membandingkan kapasitas aerobik, aspek kelincahan, dan daya tahan otot lokal atlet pencak silat sebelum dan sesudah masa latihan mandiri. Metode penelitian yang digunakan adalah deskriptif dengan melibatkan 12 atlet pencak silat putra kategori tanding Kabupaten Karawang. Hasil penelitian menunjukkan bahwa terjadi penurunan signifikan pada kapasitas aerobik ($p= 0.025$) dan performa kelincahan (0.042) namun pada daya tahan otot lokal tidak terdapat perbedaan. Kesimpulan penelitian ini adalah terjadi penurunan pada kapasitas aerobik dan aspek kelincahan pada atlet pencak silat Kabupaten Karawang setelah masa latihan di tempat tinggalnya masing-masing akibat dari pemberlakuan pembatasan kegiatan masyarakat (PPKM), namun pada komponen daya tahan otot-otot lokal tidak terdapat perubahan. The sports activity of badminton and responses to changes in blood uric acid at productive age</p> <p>Abstract This study aims to determine whether there was a response to changes in uric acid levels due to the physical activity of badminton. The design of this study is a quasi-experimental. The sample used in this study was eight respondents with certain criteria. Treat physical activity twice on different days with 4 measurements of uric acid levels. The method of this study is repeated measure analysis. When subjects are measured repeatedly, requiring fewer subjects per experiment, then repeated measures analysis can be used. The results showed that the treatment of badminton had a significant effect on changes in uric acid levels with a probability value of 0,038. These results were obtained by using the Greenhouse-Geisser test where the assumptions of normality and homogeneity were satisfied. From the marginal test results using pairwise comparisons, there was a significant difference in the average uric acid levels at 15 minutes after exercise and 9 hours the following day, where there was a decrease of 1.169 mg/dl. Badminton can reduce uric acid levels, which is indicated by a decrease of 0.15 mg/dl at 09.00 the next day compared to before exercise. Marginally, this decrease is not statistically significant, but regular badminton can be an option for physical activity for those who want to reduce uric acid levels.</p>
Publisher Name	Program Studi Ilmu Keolahragaan Program Pascasarjana Universitas Negeri Yogyakarta
Publish Date	2021-09-25
Publish Year	2021
Doi	DOI: 10.21831/jk.v9i2.43260
Citation	
Source	Jurnal Keolahragaan
Source Issue	Vol 9, No 2: September 2021
Source Page	290-298
Url	https://journal.uny.ac.id/index.php/jolahraga/article/view/43260/16356
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