

## **ABSTRAK**

Rasid, Abdul. 2022. *Pengaruh Latihan Circuit Training Terhadap Peningkatan Otot Lengan Pada Atlet Dayung Perahu Naga Club Dayung Barbossa*. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Ramadhany Harnanto P, S.Pd., M.Pd.

Penelitian ini bertujuan untuk mengetahui Peningkatan Kecepatan 1000m Atlet Dayung K1 Club Dayung Barbossa sebagai media dalam pelaksanaan penelitian untuk mengetahui hasil ketahanan otot lengan. Modul penelitian untuk memudahkan para atlet dalam meningkatkan ketahanan otot lengan.

Desain penelitian ini menggunakan *One-Group pretest-posttest design* dengan metode latihan circuit training. Teknik analisis deskriptif kuantitatif presentase. Jumlah sempel yang dianalisa sebanyak 12 atlet dayung K1 Club Dayung Barbossa. Hasil penelitian ini diperoleh dari pengumpulan dan pengolahan data dalam bentuk statistic. Dimana langkah awal yang dilakukan yaitu memasukan data dalam tabel analisis data dan kemudian direkapitulasi hasilnya, setelah memperolah data dari penelitian kemudian dilakukan analisis data yang bertujuan untuk membuktikan kebenarannya dan kemudian dilakukan perhitungan rumus untuk mencari sikenifikasiya dua variable tersebut.

Berdasarkan uji hipotesis menghasilkan pengaruh latihan circuit training terhadap Kecepatan 1000m Atlet Dayung K1club dayung barbossa surabaya. Hasil deskripsi diatas dapat di lihat berdasarkan perhitungan hasil olah data SPSS 25 ditemukan data tabel 4.4 diketahui bahwa nilai *sig. (2-tailed)* pada kelompok eksperimen yaitu sebesar 0,000, sehingga nilai *sig. (2-tailed)* pada kelompok eksperimen < 0.05, maka dapat dinyatakan bahwa Ho ditolak dan Ha diterima, sehingga ada Pengaruh latihan circuit training terhadap Kecepatan 1000M otot lengan pada atlet dayung K1 Barbossa Surabaya.

Kata Kunci: Latihan *Circuit Training*, Kecepatan Otot Lengan, Dayung

## **ABSTRACT**

Rasid, Abdul. 2022. Effect of Circuit Training on Increasing Arm Muscles in Dragon Boat Rowing Athletes Barbossa Rowing Club. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University, Surabaya. Supervisor Ramadhany Harnanto P, S.Pd., M.Pd.

Keywords: Circuit Training Exercise, Arm Muscle Speed, Rowing

This study aims to determine the 1000m Speed Increase of K1 Rowing Athletes Barbossa Rowing Club as a medium in conducting research to determine the results of arm muscle endurance. Research module to make it easier for athletes to increase arm muscle endurance.

The design of this study used the One-Group pretest-posttest design with the circuit training method. Descriptive quantitative analysis technique percentage. The number of samples analyzed were 12 rowing athletes K1 Barbossa Rowing Club. The results of this study were obtained from the collection and processing of data in the form of statistics. Where the initial step is to enter the data in the data analysis table and then recapitulate the results, after obtaining the data from the research, then data analysis is carried out which aims to prove the truth and then calculate the formula to find the significance of the two variables.

Based on the hypothesis test, it resulted in the effect of circuit training on the Speed of 1000m Rowing Athletes K1club rowing barbossa Surabaya. The results of the description above can be seen based on the calculation of the results of SPSS 25 data processing, it is found that table 4.4 data is known that the value of sig. (2-tailed) in the experimental group that is equal to 0.000, so the value of sig. (2-tailed) in the experimental group <0.05, it can be stated that Ho is rejected and Ha is accepted, so there is an effect of circuit training on the speed of 1000M arm muscles in rowing athletes K1 Barbossa Surabaya.