

ABSTRAK

Try Yusuf Raharja 2022 “Pengaruh Latihan Moda Daring Kekuatan Otot Lengan Terhadap Kecepatan Renang Gaya Dada 50 Meter Pada Atlet Renang Putra Usia 15-17”.Fakultas Pedagogi dan psikologi Universitas PGRI Adi Buana Surabaya, dengan dosen pembimbing Bpk. Dr. Luqmanul Hakim, S. Or., M.Pd.

Tujuan yang ingin di capai oleh peneliti adalah untuk mengetahui pengaruh latihan moda daring kekuatan otot lengan terhadap kecepatan renang gaya dada 50 meter pada atlet putra usia 15-17”.Agar para atlet dapat menguasai teknik secara maksimal dari segi pernafasan,gerakan,ketangkasan dan kecepatan di bidang renang.

Metode penelitian yang digunakan dalam penelitian ini adalah penelitian kuantitatif dengan jenis penelitian eksperimen. Menurut Sugiyono (dalam Siyoto dan Sodik, 2015), metode penelitian kuantitatif dapat diartikan sebagai metode penelitian yang berlandaskan pada filsafat positivisme, digunakan untuk meneliti pada populasi atau sampel tertentu. Metode ini disebut metode positivistik karena berlandaskan pada filsafat positif. Metode ini juga disebut sebagai metode ilmiah (scientific) karena metode ini memenuhi kaidah-kaidah ilmiah yaitu konkrit, empiris, objektif, terukur, rasional dan sistematis. Sedangkan jenis penelitian eksperimen

adalah penelitian yang dilakukan untuk mengetahui akibat yang ditimbulkan dari suatu perlakuan yang diberikan secara sengaja oleh peneliti (Payadnya dan Jayantika, 2018). Daya tahan Kekuatan Otot Lengan

Setelah dilakukan pengukuran variabel daya tahan kekuatan otot lengan terhadap 10 orang sampel maka diperoleh data daya tahan kekuatan otot lengan dari masing-masing mahasiswa atau sampel. Berdasarkan analisis data diperoleh skor tertinggi = 50, skor terendah = 18, kemudian skor rata-rata (mean) = 31,54, dan standar deviasi = 8,85.

Kata Kunci: Latihan Mode Daring, Kekuatan Otot Lengan, Renang Gaya Dada.

ABSTRACT

Try Yusuf Raharja 2022 "The Effect of Arm Muscle Strength Online Mode Exercise on 50 Meter Breaststroke Swimming Speed in Male Swimming Athletes Age 15-17". Faculty of Pedagogy and Psychology, Universitas PGRI Adi Buana Surabaya, with supervisor Bpk. Dr. Luqmanul Hakim, S. Or., M.Pd.

This swimming sport has undergone many developments in accordance with their respective goals, both to maintain health and body fitness, for recreation and for achievement purposes. According to Muhajir (2024:166) Swimming has many benefits, including to maintain and improve fitness, maintaining body health, for personal safety and avoiding the covid-19 virus outbreak, to form physical abilities such as endurance, muscle strength and also benefit children's physical development and growth, for educational, recreational and achievement facilities.

In this case, the researcher said that the most well-known swimming competition category is the swimming category that competes for speed, the styles used in this category include freestyle (crawl stroke), breaststroke (breaststroke), backstroke (back chest stroke), and backstroke. butterfly (butterfly stroke).

In addition to the styles mentioned above, there are several other styles, namely the backstroke. First competed in the 1900 Paris Olympics, the backstroke is the oldest swimming style that is

competed after the freestyle. Then there is the butterfly stroke which is the newest style in swimming competitions and historically is a variation of the breaststroke. According to Thomas, the butterfly swimmer first participated in a swimming competition in 1933. Of the four styles, in general the breaststroke is the easiest style, even though it is considered slower than the freestyle. To be able to master this style, you must first master the basic techniques of breaststroke swimming. The basic techniques that must be mastered for swimming are: body position in water or floating, leg movements or swinging legs, pedaling or hand movements, hand and foot coordination, and the respiratory system (Thomas 2017:13), (Setiawan, 2017: 9)

The research method used in this research is quantitative research with experimental research type. According to Sugiyono (in Siyoto and Sodik, 2016), quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to examine certain populations or samples. This method is called the positivistic method because it is based on a positive philosophy. This method is also referred to as the scientific method because this method fulfills scientific principles, namely concrete, empirical, objective, measurable, rational and systematic.

Keywords: Online Mode Exercise, Arm Muscle Strength, Breaststroke Swimming.