

ABSTRAK

Rahma Aditya Nur. *Pengaruh Latihan Push Up Terhadap Kecepatan Renang Gaya Dada 50 Meter Pada Siswa Kelas 11 Sma Sejahtera Surabaya*. Program studi Pendidikan Jasmani. Fakultas Pedagogik dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing Achmad Nuryadi, S.Pd., M.Pd.
Kata kunci : Push Up, Renang, Gaya Dada

Masalah pada penelitian ini adalah rendahnya kecepatan renang gaya dada pada siswa SMA Sejahtera Surabaya, hal ini membuat peneliti ingin mencari pengaruh dari Latihan push up untuk kecepatan renang gaya dada. Berdasarkan hasil perhitungan hipotesis dengan melakukan Uji Paired Sample t-Test dengan bantuan SPSS

16.0 menunjukkan bahwa nilai signifikan sebesar 0,000 yang berarti lebih kecil dari 0,005 (0,000 0,05) bahwa H_0 ditolak dan H_a diterima artinya ada perbedaan rata-rata hasil belajar siswa untuk pretest dan posttest kelas eksperimen dan kelas kontrol. Penerapan latihan push up pada praktek renang 50 meter gaya dada berdasarkan hasil penelitian yang dilakukan dan pengolahan hasil penelitian berupa pretest dan posttest pada kelas Eksperimen dan Kelas Kontrol, hasil pretest Eksperimen diperoleh kemampuan awal rata-rata siswa adalah 67,00 dan pretest Kontrol adalah 65,25, hasil kemampuan akhir rata-rata siswa setelah diberi perlakuan pada posttest Eksperimen adalah 77,50 dan kelas kontrol adalah 69,50. Selanjutnya, pada perhitungan hipotesis dengan melakukan uji paired sample t-test dengan bantuan SPSS 16 didapat nilai signifikansi sebesar 0,000 yang berarti lebih kecil dari 0,005 (0,000 0,05) yang menunjukkan bahwa H_0 ditolak dan H_a diterima. Artinya terdapat pengaruh yang signifikan latihan push up pada praktek renang 50 meter gaya dada siswa kelas XI SMA Sejahtera Surabaya.

ABSTRACT

Rahma Aditya Nur. *The Effect of Push Up Training on 50 Meter Breaststroke Swimming Speed in Class 11 Students at Sejahtera High School, Surabaya*. Physical Education study program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya. Supervisor Achmad Nuryadi, S.Pd., M.Pd.

Keywords: Push Up, Swimming, Breaststroke

The problem in this research is the low breaststroke swimming speed of Sejahtera Surabaya High School students, this makes researchers want to find the effect of push up training on breaststroke swimming speed. Based on the results of hypothesis calculations by conducting a Paired Sample t-Test with the help of SPSS 16.0 indicates that the significant value is 0.000 which means it is smaller than 0.005 (0.000 0.05) that H_0 is rejected and H_a is accepted, meaning there is a difference in the average student learning outcomes for the pretest and posttest for the experimental class and the control class. Application of push up exercises in practice swimming 50 meters breaststroke based on the results of research conducted and processing of research results in the form of pretest and posttest in the Experiment class and Control class, the experimental pretest results showed that the average initial ability of students was 67.00 and the control pretest was 65.25, the final ability results The average of students after being treated in the experimental posttest was 77.50 and the control class was 69.50. Furthermore, in calculating the hypothesis by carrying out a paired sample t-test with the help of SPSS 16, a significance value of 0.000 was obtained, which means it is smaller than 0.005 (0.000 0.05), which indicates that H_0 is rejected and H_a is accepted. This means that there is a significant influence of push up training on the 50 meter

breaststroke swimming practice of class XI students at SMA Sejahtera Surabaya.