

ABSTRAK

Ismail, I. M., 2021: *PENGARUH LATIHAN CIRCUIT TRAINING TERHADAP HASIL KEMAMPUAN DAYA TAHAN TUBUH LARI 12 MENIT EXTRAKULIKULER FUTSAL SMK AL-ISLAH SURABAYA*. Skripsi. Program Studi Pendidikan Jasmani. Fakultas Pedagogi dan Psikologi. Universitas PGRI Adi Buana Surabaya. Pembimbing DR. Hayati, dr., M.Kes.

Daya tahan tubuh (*endurance*) dalam permainan futsal yang dimiliki siswa ekstrakurikuler futsal Smk Al-islah Surabaya masih kurang bagus, dilihat dari aspek fisik setiap siswa masih sangat kurang dan masih harus diperbaiki. Oleh karena itu penelitian ini dilakukan dengan menggunakan program latihan *circuit training*, bertujuan ada pengaruh terhadap kemampuan daya tahan tubuh lari 12 menit siswa ekstrakurikuler futsal Smk Al-islah Surabaya. Sehingga dapat untuk memperbaiki daya tahan tubuh (*endurance*) siswa yang lebih bagus dengan tujuan untuk mencapai prestasi siswa dan sekolah pada saat mengikuti perlombaan atau turnamen futsal.

Penelitian ini dilakukan dengan menggunakan desain “ *True Experimental Desing (pretest – posstest control group desing)*”. Populasi penelitian ini adalah siswa ekstrakurikuler futsal Smk Al-islah Surabaya dan sampel penelitian ini sebanyak 20 siswa dengan metode *Nonprobability Sampling* dengan teknik “ *Sampling jenuh*”.

Berdasarkan penelitian yang telah dilakukan, menunjukkan bahwa latihan *circuit training* memberikan pengaruh terhadap daya tahan tubuh (*endurance*) lari 12 menit siswa ekstrakurikuler futsal Smk Al-islah. Dengan nilai yang masih dalam proses penelitian skripsi.

Kesimpulan dengan adanya penelitian ini dapat memberikan informasi terhadap pelatih, dengan latihan *circuit training* mampu memperbaiki daya tahan tubuh siswa dalam kegiatan ekstrakurikuler olahraga di sekolah.

Kata Kunci : Latihan *Circuit Training*. Daya Tahan Tubuh.

ABSTRACT

Ismail, I. M, 2021: THE EFFECT OF CIRCUIT TRAINING ON THE RESULTS OF BODY RESISTANCE THROUGH EXTRACULICULAR FUTSAL CIRCUIT TRAINING SMK AL-ISLAH SURABAYA. Essay. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya. Advisor, DR. Hayati, Dr., M.Kes.

Endurance in futsal games owned by futsal extracurricular students at Al-Islah High School Surabaya is still not good, seen from the physical aspect of each student is still lacking and still needs to be improved Therefore, this study was conducted using a circuit training training program, with the aim of having an influence on the ability of the body's endurance to run 12 minutes of extracurricular futsal students at Al-Islah High School Surabaya. So that it can improve student endurance with the aim of achieving student and school achievement when participating in a futsal competition or tournament

This research was conducted using the design "True Experimental Desing (pretest - posstest control group desing)". The population of this research is the extracurricular futsal students of Al-islam High School Surabaya and the sample of this study were 20 students using the nonprobability sampling method with the "saturated sampling" technique.

Based on the research that has been done, it shows that circuit training has an effect on endurance running for 12 minutes of extracurricular futsal students at SMA Al-islam. With values that are still in the thesis research process.

The conclusion with this research can provide information to the trainer, with circuit training training is able to improve student endurance in extracurricular sports activities at school.

Keywords: Circuit Training Exercise. Body endurance.