

**PENGEMBANGAN MODEL PELATIHAN TEKNIK
GYAKU-TSUKI CHUDAN BERBASIS KARAKTER DALAM
UPAYA MENINGKATKAN KESIAPAN FISIK
DAN MENTAL ATLET KARATE**

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ABSTRAK

Penelitian ini secara bertujuan menghasilkan model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter yang valid, praktis dan efektif dalam meningkatkan kesiapan fisik dan mental atlet karate yang valid, praktis, dan efektif untuk meningkatkan kesiapan fisik dan mental atlet karate. Subjek penelitian efektivitas dilakukan pada 56 atlet karate Buleleng yang dibagi menjadi dua kelompok yaitu kelompok eksperimen sebanyak 28 atlet, dan kelompok kontrol sebanyak 28 atlet. Instrumen pengumpulan data kesiapan fisik menggunakan tes baku kebugaran standar Prima Pratama dan data mental atlet menggunakan kuesioner karakter. Metode analisis data untuk memperoleh hasil pengujian efektivitas dilakukan dengan menggunakan analisis MANOVA taraf signifikansi sebesar 5%. Hasil penelitian menunjukkan (1) Rancang bangun model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter dengan tahapan *research and information collecting, planning, develop preliminary of product, preliminary field testing, main product revision, main field test, operational product revision, operational field testing, final product revision, dissemination and implementation*; (2) Model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter secara keseluruhan dinyatakan valid; (3) Model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter lebih efektif untuk meningkatkan kesiapan fisik dibandingkan model pelatihan konvensional yang digunakan pelatih karate Buleleng; (4) Model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter lebih efektif untuk meningkatkan mental atlet karate dibandingkan model pelatihan konvensional yang digunakan pelatih karate Buleleng; (5) Model pelatihan teknik *Gyaku-Tsuki Chudan* berbasis karakter lebih efektif secara simultan meningkatkan kesiapan fisik dan mental atlet karate Buleleng dibandingkan dengan model pelatihan konvensional yang digunakan pelatih karate Buleleng.

Kata Kunci: model pelatihan, teknik *Gyaku-Tsuki Chudan*, karakter, kesiapan fisik, mental atlet.

DEVELOPMENT OF GYAKU-TSUKI CHUDAN IN AN EFFORT TO IMPROVE THE PHYSICAL AND MENTAL READINESS OF KARATE ATHLETES

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ABSTRACT

This study aims to produce a valid, practical and effective character-based Gyaku-Tsuki Chudan technique training model in improving the physical and mental readiness of karate athletes which is valid, practical and effective for increasing the physical and mental readiness of karate athletes. The subject of the effectiveness research was conducted on 56 Buleleng karate athletes who were divided into two groups: the experimental group consisted of 28 athletes, and the control group consisted of 28 athletes. The instrument for collecting data on physical readiness used the Prima Pratama standard fitness test and the athlete's mental data used a character questionnaire. The method of data analysis to obtain the results of the effectiveness test was carried out using MANOVA analysis at a significance level of 5%. The results showed (1) The design of the character-based Gyaku-Tsuki Chudan technique training model with the stages of research and information collecting, planning, developing preliminary of product, preliminary field testing, main product revision, main field test, operational product revision, operational field testing , final product revision, dissemination and implementation; (2) The overall character-based Gyaku-Tsuki Chudan technique training model was declared valid; (3) The character-based Gyaku-Tsuki Chudan technique training model is more effective for increasing physical readiness than the conventional training model used by Buleleng karate trainers; (4) The character-based Gyaku-Tsuki Chudan technique training model is more effective for improving the mentality of karate athletes than the conventional training model used by Buleleng karate trainers; (5) The character-based Gyaku-Tsuki Chudan technique training model is more effective simultaneously in increasing the physical and mental readiness of Buleleng karate athletes compared to the conventional training model used by Buleleng karate trainers.

Keywords: *training model, Gyaku-Tsuki Chudan technique, character, physical readiness, mental athlete.*