

PENGARUH PELATIHAN *RUNNING INTERVAL* TERHADAP PENINGKATAN DAYA TAHAN KARDIOVASKULAR PADA SISWA KELAS 10 SMAS KATOLIK THOMAS AQUINO

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ABSTRAK

Penelitian ini bertujuan untuk mengkaji pengaruh pelatihan *running interval* terhadap peningkatan daya tahan kardiovaskular siswa kelas X SMA Katolik Thomas Aquino. Daya tahan kardiovaskular merupakan komponen penting dalam kebugaran jasmani yang berperan dalam mendukung kesehatan serta performa belajar siswa, namun masih banyak siswa yang memiliki kapasitas aerobik rendah akibat kurangnya program latihan yang terstruktur. Jenis penelitian ini adalah eksperimen semu dengan rancangan *one-group pretest-posttest*. Sampel penelitian berjumlah 41 siswa yang diambil menggunakan teknik *random sampling*. Program latihan *running interval* dilaksanakan selama enam minggu dengan frekuensi tiga kali latihan per minggu (18 sesi). Daya tahan kardiovaskular diukur menggunakan *Multistage Fitness Test (Beep Test)* untuk mengestimasi daya tahan kardiovaskular, yang dilakukan sebelum dan sesudah intervensi. Data dianalisis menggunakan uji t berpasangan dengan taraf signifikansi $\alpha = 0,05$. Hasil penelitian menunjukkan adanya peningkatan nilai rata-rata dari 34,82 pada *pretest* menjadi 36,56 pada *posttest*, serta terdapat perbedaan yang signifikan antara hasil sebelum dan sesudah perlakuan ($p < 0,05$) dimana hasil ini mengindikasikan bahwa pelatihan *running interval* memberikan pengaruh yang signifikan secara statistik terhadap peningkatan daya tahan kardiovaskular siswa. Dengan demikian, metode latihan *running interval* terbukti efektif untuk diterapkan dalam program pendidikan jasmani di sekolah guna meningkatkan kebugaran aerobik siswa serta mendukung kualitas kesehatan dan aktivitas belajar.

Kata Kunci: *Pelatihan running interval*; daya tahan kardiovaskular; pendidikan jasmani.

THE EFFECT OF RUNNING INTERVAL TRAINING ON IMPROVING CARDIOVASCULAR ENDURANCE IN TENTH-GRADE STUDENTS OF THOMAS AQUINO CATHOLIC SENIOR HIGH SCHOOL

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ABSTRACT

This study aimed to examine the effect of running interval training on improving the cardiovascular endurance of tenth-grade students at Thomas Aquino Catholic Senior High School. Cardiovascular endurance is an essential component of physical fitness that supports both health and students' learning performance. However, many students still have low aerobic capacity due to the lack of structured training programs. This study employed a quasi-experimental research design using a one-group pretest–posttest design. The sample consisted of 41 students selected through random sampling. The running interval training program was conducted for six weeks, with a frequency of three training sessions per week, totaling 18 sessions. Cardiovascular endurance was assessed using the Multistage Fitness Test (Beep Test) to estimate cardiovascular endurance before and after the intervention. The data were analyzed using a paired-samples t-test at a significance level of $\alpha = 0.05$. The results showed an increase in the mean score from 34.82 in the pretest to 36.56 in the posttest. Furthermore, there was a statistically significant difference between the pretest and posttest results ($p < 0.05$), indicating that running interval training had a significant effect on improving students' cardiovascular endurance. Therefore, running interval training is proven to be an effective training method for implementation in school physical education programs to enhance students' aerobic fitness and support their overall health and learning activities

Keywords: running interval training; cardiovascular endurance; physical education..