

**PENGARUH KOMBINASI PELATIHAN *SHADOW BOXING* DAN KUMITE
TERHADAP DAYA TAHAN *ANAEROB* ATLET KARATE DOJO
SEMARAPURA**

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ABSTRAK

Tujuan penelitian ini adalah untuk mengetahui pengaruh kombinasi pelatihan *shadow boxing* dan kumite terhadap daya tahan *anaerob* atlet karate Dojo Semarapura. Jenis penelitian ini yaitu *One Group Pretest-Posttest Design*. Subjek penelitian ini berjumlah 40 atlet diberikan pelatihan kombinasi *shadow boxing* dan kumite dengan frekuensi latihan tiga kali pertemuan selama seminggu dengan total 18 kali pertemuan. *Instrument* penelitian yang di gunakan untuk mengukur daya tahan *anaerob* adalah (*RAST*) *Running-based Anaerobic Sprint Test*. Dilakukan saat *pretest* dan *posttest*, dari hasil *pretest* jumlah sampel yang dianalisis sebanyak 30 atlet, dengan nilai terendah (*minimum*) 32 dan nilai tertinggi (*maximum*) 38. Hasil rata-rata (*mean*) yang diperoleh sebesar 35,03 dengan standar deviasi 1,542. Sedangkan *posstest* nilai *minimum* 25 dan *maksimum* 31. Nilai rata-rata (*mean*) 28,07 dengan standar deviasi sebesar 1,530. Pengujian hipotesis pada penelitian ini dilakukan dengan menggunakan uji t berpasangan (*paired sample t-test*) yang bertujuan untuk mengetahui perbedaan antara nilai *pretest* dan *posttest* setelah diberikan perlakuan latihan. Hasil uji statistik menunjukkan bahwa nilai t hitung sebesar 57,582 dengan derajat kebebasan (*df*) = 29 serta nilai signifikansi (*Sig. 2-tailed*) sebesar 0,000. Karena nilai signifikansi tersebut lebih kecil dari 0,05, maka dapat disimpulkan bahwa terdapat perbedaan yang signifikan antara nilai *pretest* dan *posttest*.

Kata Kunci : *Shadow boxing*, Kumite, Daya Tahan *Anaerob*, , Latihan Kombinasi.

***THE EFFECT OF COMBINED SHADOW BOXING AND KUMITE TRAINING ON
THE ANAEROBIC ENDURANCE OF KARATE ATHLETES AT DOJO
SEMARAPURA***

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ABSTRACT

This study aimed to determine the effect of a combination of shadow boxing and kumite training on the anaerobic endurance of karate athletes at Dojo Semarapura. This research employed a One Group Pretest–Posttest Design. The subjects consisted of 40 karate athletes who participated in a combined shadow boxing and kumite training program conducted three times per week for a total of 18 training sessions. The instrument used to measure anaerobic endurance was the Running-based Anaerobic Sprint Test (RAST). Measurements were carried out during both the pretest and posttest. The pretest data analyzed included 30 athletes, with a minimum score of 32 and a maximum score of 38. The mean pretest score was 35.03 with a standard deviation of 1.542. In the posttest, the minimum score was 25 and the maximum score was 31, with a mean score of 28.07 and a standard deviation of 1.530. Hypothesis testing was conducted using a paired-samples t-test to examine the difference between the pretest and posttest scores following the training intervention. The statistical analysis revealed a t-value of 57.582, with 29 degrees of freedom (df) and a significance value (Sig. 2-tailed) of 0.000. Since the significance value was less than 0.05, it can be concluded that there was a statistically significant difference between the pretest and posttest scores. Therefore, the combination of shadow boxing and kumite training had a significant positive effect on improving the anaerobic endurance of karate athletes at Dojo Semarapura.

Keywords: Shadow Boxing, Kumite, Anaerobic Endurance, Combined Training.