

ABSTRAK

PENGARUH LATIHAN *UPHILL RUNNING* DAN *RUBBER BAND RUNNING* TERHADAP AKSELERASI *SPRINT* 30 METER PADA SISWA EKSTRAKURIKULER ATLETIK SMK MUHAMMADIYAH 1 AJIBARANG

Latar Belakang: Akselerasi merupakan faktor penting dalam *sprint* 30 meter, di mana kecepatan awal sangat menentukan performa seorang *sprinter*. Latihan yang tepat diperlukan untuk meningkatkan akselerasi, salah satunya melalui *Uphill Running* dan *Rubber Band Running*. Namun, belum banyak penelitian yang membandingkan efektivitas kedua metode ini dalam meningkatkan akselerasi *sprint*. Oleh karena itu, penelitian ini bertujuan untuk menganalisis pengaruh latihan *Uphill Running* dan *Rubber Band Running* terhadap akselerasi *sprint* 30 meter pada siswa ekstrakurikuler atletik SMK Muhammadiyah 1 Ajibarang.

Metode Penelitian: Penelitian ini menggunakan metode eksperimen dengan desain two group pretest-posttest design. Sampel penelitian terdiri dari 20 siswa yang dibagi menjadi dua kelompok, yaitu kelompok *Uphill Running* dan *Rubber Band Running*, masing-masing terdiri dari 10 siswa. Pengukuran akselerasi *sprint* 30 meter dilakukan sebelum dan sesudah perlakuan menggunakan 30m Acceleration Test. Analisis data dilakukan dengan uji normalitas, homogenitas, dan uji paired sample t-test serta independent sample t-test.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa kedua metode latihan memberikan peningkatan akselerasi *sprint* 30 meter secara signifikan ($p < 0,05$). Namun, kelompok *Uphill Running* mengalami peningkatan akselerasi yang lebih tinggi yaitu meningkat sebesar 0.45 dibandingkan kelompok *Rubber Band Running* yang memperoleh peningkatan sebesar 0.34.

Kesimpulan: Latihan *Uphill Running* dan *Rubber Band Running* dapat meningkatkan akselerasi *sprint* 30 meter. Namun, latihan *Uphill Running* lebih efektif dibandingkan *Rubber Band Running*. Oleh karena itu, latihan *Uphill Running* direkomendasikan sebagai metode latihan untuk meningkatkan akselerasi dalam *sprint* jarak pendek.

Kata Kunci: *Uphill Running*, *Rubber Band Running*, akselerasi, *sprint* 30 meter.

ABSTRACT

THE EFFECT OF UPHILL SPINNING AND RUBBER BAND RUNNING TRAINING ON 30 METER SPRINT ACCELERATION IN ATHLETIC EXTRACURRICULAR STUDENTS SMK MUHAMMADIYAH 1 AJIBARANG

Background: Acceleration is an important factor in the 30-meter *sprint*, where initial speed determines the performance of a *sprinter*. Proper training is needed to improve acceleration, one of which is through *Uphill Running* and *Rubber Band Running*. However, not many studies have compared the effectiveness of these two methods in improving *sprint* acceleration. Therefore, this study aims to analyze the effect of *Uphill Running* and *Rubber Band Running* training on 30 meter *sprint* acceleration in athletic extracurricular students of SMK Muhammadiyah 1 Ajibarang.

Methodology: This study used an experimental method with a two group pretest-posttest design. The research sample consisted of 20 students divided into two groups, namely the *Uphill Running* and *Rubber Band Running* groups, each consisting of 10 students. Measurement of 30-meter *sprint* acceleration was carried out before and after treatment using the 30m Acceleration Test. Data analysis was carried out with normality, homogeneity, and paired sample t-test and independent sample t-test tests.

Research Results: The results showed that both training methods provided a significant increase in 30-meter *sprint* acceleration ($p < 0.05$). However, the *Uphill Running* group experienced a higher increase in acceleration than the *Rubber Band Running* group.

Conclusion: *Uphill Running* and *Rubber Band Running* training can improve 30-meter *sprint* acceleration. However, *Uphill Running* exercise is more effective than *Rubber Band Running*. Therefore, *Uphill Running* training is recommended as a training method to improve acceleration in short distance *sprints*.

Keywords: *Uphill Running*, *Rubber Band Running*, acceleration, 30-meter *sprint*.