

Abstrak

HUBUNGAN ANTARA KUALITAS TIDUR DENGAN DAYA TAHAN KARDIO ATLET PENCAK SILAT SEKOLAH MENENGAH PERTAMA NEGERI 3 MANDIRAJA KABUPATEN BANJARNEGARA

Imelda Resti Fauziah, Panuwun Joko Nurcahyo, Rifqi Festiawan

Latar belakang: Salah satu faktor yang sering kali diabaikan namun memiliki pengaruh besar terhadap kebugaran dan daya tahan atlet adalah kualitas tidur. Kualitas tidur yang baik memengaruhi daya tahan kardio melalui perbaikan fungsi metabolisme, kinerja sistem kardiovaskular, dan kesiapan fisik.

Metode: Penelitian menggunakan kuantitatif dengan *desain korelasional*. Pendekatan menggunakan *cross sectional*, dimana pengambilan data penelitian peneliti hanya satu kali pengambilan data. Sampel dalam penelitian sebanyak 20 responden dengan teknik *total sampling*. Instrumen kualitas tidur atlet, digunakan instrumen tes berupa kuisioner *Pittsburgh Sleep Quality Index (PSQI)* Sedangkan daya tahan kardio menggunakan instrumen *Multistage Fitness Test (MFT)*. Uji yang digunakan adalah uji deskripsi, normalitas dan uji *korelasi pearson*.

Hasil Penelitian: Uji *spearman rank* didapatkan *p value* sebesar 0,567 ($>0,05$) artinya tidak ada hubungan antara kualitas tidur dengan daya tahan kardio atlet pencak silat.

Kesimpulan: Tidak ada hubungan antara kualitas tidur dengan daya tahan kardio atlet pencak silat di Sekolah Menengah Pertama Negeri 3 Mandiraja Kabupaten Banjarnegara

Kata Kunci: Atlet Pencak Silat, Daya Tahan Kardio, Kualitas Tidur

Abstract

THE RELATIONSHIP BETWEEN SLEEP QUALITY AND CARDIO ENDURANCE OF PENCAK SILAT ATHLETES AT STATE HIGH SCHOOL 3, MANDIRAJA, BANJARNEGARA REGENCY

Imelda Resti Fauziah, Panuwun Joko Nurcahyo, Rifqi Festiawan

Background: One often overlooked factor that significantly impacts an athlete's fitness and endurance is sleep quality. Good sleep quality impacts cardio endurance by improving metabolic function, cardiovascular performance, and physical readiness.

Methods: The research used a quantitative correlational design. The approach used was cross-sectional, where the researcher only collected data once. The sample size was 20 respondents using a total sampling technique. The Pittsburgh Sleep Quality Index (PSQI) questionnaire was used to measure athletes' sleep quality, while the Multistage Fitness Test (MFT) was used to measure cardio endurance. The descriptive test, normality test, and Pearson correlation test were used to measure normality.

Research Results: The Spearman rank test yielded a p-value of 0.567 (>0.05), indicating no relationship between sleep quality and the cardio endurance of pencak silat athletes.

Conclusion: There is no relationship between sleep quality and the cardio endurance of pencak silat athletes at State Junior High School 3 Mandiraja, Banjarnegara Regency.

Keywords: Pencak Silat Athletes, Cardio Endurance, Sleep Quality