

Bukti coresponding autor

## Pengaruh Interval Training Terhadap Volume Oksigen Maksimal Pada Kegiatan Ekstrakurikuler Futsal

JOURNAL OF SPORT SCIENCE AND EDUCATION (JOSSEAE) VOL. 4, NO. 1 APRIL (2019)  
Journal homepage: <http://jurnal.unesa.ac.id/index.php/josae/index>

### Pengaruh Interval Training Terhadap Volume Oksigen Maksimal Pada Kegiatan Ekstrakurikuler Futsal

Muhammad Radif Dwisetyo<sup>a</sup>, Hartati<sup>b</sup>, Giartama<sup>c</sup>, Silvi Ariyanti<sup>d</sup>

Pendidikan Jasmani dan Kesehatan FKIP Universitas Sriwijaya

Corresponding author: [hartati@fkip.unsri.ac.id](mailto:hartati@fkip.unsri.ac.id)

#### ARTICLE INFO

##### Article history:

Received 20 April 2019  
Received in revised form 21 April 2019  
Accepted 30 April 2019

Keywords: Interval Training, Physical Endurance, Futsal.

#### ABSTRACT

The purpose of this study was to study the effect of interval training on maximal oxygen volume (VO2Max) in futsal extracurricular activities at Palembang Six State Senior High School. This study is an experimental study with the design of the Quasi Experimental design form Nonequivalent Control Group Design. The population in this study were 60 people who took extracurricular activities at Palembang State High School 6. The sample in this study is the same as the population, so this study is also referred to as population research. Samples were divided into two groups, namely the experimental group and the control group, grouping samples using ordinal pairing techniques based on pretest data. The experimental group was a group that was given interval training for 6 weeks with a frequency of 3 times a week. The type of instrument used in this study is a multistage fitness test. The form of this test was used in the pretest and posttest which aimed to determine the level of achievement of VO2Max in the study sample 39.5 ml/kg/minute, also obtained the results of the average VO2Max of the control group at pretest of 33.8 ml/kg/minute and posttest 34 ml/kg/minute. Then, after testing the results of the data analyzed using statistical data analysis techniques t test with a significant level ( $\alpha = 0.05$ ). Based on the results of the research used obtained  $t_{count} = 16.05$  and  $t_{table} = 1.675$ . Then it can be denied that there is the effect of interval training on physical endurance in futsal extracurricular activities.

#### 1. Pendahuluan

Kegiatan olahraga merupakan kegiatan yang mengajarkan diri untuk bersaing secara sportif, belajar untuk menerima kekalahan dalam sebuah pertandingan, menumbuhkan sikap fair play, menumbuhkan semangat pantang menyerah dan dari sisi lain olahraga juga dapat meningkatkan kondisi fisik seseorang. Salah satu kegiatan olahraga dari sekian banyak cabang olahraga yang diminati adalah futsal. Futsal juga adalah olahraga yang kompetitif, menyenangkan,

menit akhir. Dalam pertandingan futsal, tim maupun atlet yang memiliki kesiapan terbaik yang akan berpeluang memenangkan pertandingan, apabila atlet tersebut memiliki teknik, mental dan kondisi fisik yang prima salah satunya VO2Max. Mengingat pentingnya kondisi fisik seorang atlet yang profesional maka VO2Max merupakan persentase utama dalam mencapai kondisi fisik yang prima sebelum melatih yang lainnya. Misalnya kekuatan, daya tahan, kecepatan, kelincahan, dan lain sebagainya.

Lhaksana (2011: 17) untuk melakukan teknik dasar suatu cabang olahraga diperlukan kondisi fisik yang sangat baik macam komponen