

Perbandingan Kapasitas Aerobik Maksimal Siswa Sekolah Menengah Karawitan, Siswa Sekolah Guru Olah Raga dan Siswa Sekolah Menengah Atas di Denpasar, Bali = Comparison of maximal aerobic capacity among indonesia high school of performing arts, high school of physical educator and high school students in Denpasar, Bali

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Abstrak

ABSTRAK

Ruang Lingkup dan Cara Penelitian: Kegiatan jasmani berupa latihan menari Bali mungkin dapat meningkatkan kapasitas aerobik maksimal ($V_{O_2 \max}$). Di sini ingin diketahui kemungkinan pengaruh latihan menari Bali yang dilakukan secara teratur di Sekolah Menengah Karawitan Indonesia (SMKI) terhadap $V_{O_2 \max}$ siswa. Penelitian dilakukan pada 60 orang siswa pria kelas I yang terdiri atas 20 orang siswa SMKI, 20 orang siswa Sekolah Guru Olah Raga (SGO) dan 20 orang siswa Sekolah Menengah Atas (SMA). Pemeriksaan dilakukan dalam tiga tahap, yaitu pada awal, pertengahan dan akhir semester pertama tahun ajaran 1982 / 1983. Pengukuran $V_{O_2 \max}$ secara tidak langsung dengan uji kerja submaksimal memakai ergometer sepeda berdasarkan atas nomogram Astrand-Ryhming.

Hasil dan Kesimpulan: Pada awal semester CO_{\max} siswa SMKI, SGO dan SMA antara satu dengan lainnya tidak berbeda bermakna ($p > 0,05$). Pada akhir semester $V_{O_2 \max}$ siswa SMKI dan SGO berbeda sangat bermakna ($p < 0,001$) dibandingkan dengan pemeriksaan pada awal semester. Sedangkan pada siswa SMA perbandingan ini tidak berbeda bermakna ($p > 0,05$). Pada akhir semester antara $V_{O_2 \max}$ siswa SMKI dan siswa SGO tidak terdapat perbedaan yang bermakna ($p > 0,05$). Sedangkan pada akhir semester ini $V_{O_2 \max}$ siswa SMKI dan SGO di satu pihak dibandingkan dengan $V_{O_2 \max}$ siswa SMA pada pihak lain terdapat perbedaan yang sangat bermakna. Kesimpulan adalah: 1. Latihan menari Bali dapat meningkatkan $V_{O_2 \max}$ siswa pria kelas I SMKI selama mengikuti pelajaran semester pertama. 2. Perbedaan tidak bermakna antara $V_{O_2 \max}$ siswa pria kelas I SMKI dengan siswa pria kelas I SGO disebabkan oleh beban latihan jasmani yang kurang lebih sama pada kedua kelompok siswa, walau jenis latihan berbeda. 3. Perbedaan bermakna antara $V_{O_2 \max}$ siswa pria kelas I SMKI dengan $V_{O_2 \max}$ siswa pria kelas I SMA besar kemungkinan disebabkan oleh perbedaan beban latihan.

<hr><i>ABSTRACT</i>

Scope and Method of Study: Physical activity such as Balinese dance training may increase maximal aerobic capacity ($V_{O_2 \max}$). This research was conducted in order to observe the influence of regular Balinese dance training on $V_{O_2 \max}$ of Indonesian High School of Performing Arts Students (SMKI). Sixty male first year students consisted of 20 SMKI students, 20 High School of Physical Educator (SGO) students and 20 High School (SMA) students were examined at the beginning, middle and end of the first semester of academic year 1982 / 1983. The $V_{O_2 \max}$ was calculated indirectly using an ergo cycle according to the Astrand-Ryhming method.

Findings and Conclusions: At the beginning of the semester, $V_{O_2 \max}$ of SMKI, SGO and SMA students

were not significantly different ($p > 0.05$). $\dot{V}O_2$ max of SMKI and SGO students at the end of the semester were significantly different ($p < 0.001$) compared to that of the beginning semester. There was no significant difference ($p > 0.05$) on the $\dot{V}O_2$ max at the beginning and the end of the semester for High School students. At the end of semester, $\dot{V}O$ max of SMKI and SGO students was not significantly different ($p > 0.05$). But $\dot{V}O_2$ max of SMKI and SGO students at the end of the semester was significantly different ($p < 0.001$) compared to SMA students. It was concluded that: 1. Balinese dance training could increase maximal aerobic capacity of the male first year SMKI students during the first semester. 2. The $\dot{V}O_2$ max between male first year SMKI and SGO students was not significantly different. It might be due to the apparently equal load on physical training in both groups even though different in its kind. 3. The $\dot{V}O$ max between male first year SMKI and SMA students was significantly different most probably due to difference in exercise load.