

ABSTRAK

AMBARWATI PUTRI PITALOKA, 2023. KORELASI VO_2MAX DAN FLEKSIBILITAS PUNGGUNG DENGAN HASIL RENANG 200 METER GAYA GANTI PERORANGAN (Studi Deskriptif Pada Atlet Renang *Galunggung Aquatic Club*). Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Renang merupakan salah satu cabang olahraga air yang sudah banyak penggemarnya. Pada nomor prestasi banyak nomor yang dilombakan, diantaranya 200 meter Gaya Ganti Perorangan (*Individual Medley*). Untuk dapat meningkatkan kecepatan renang 200 meter Gaya Ganti Perorangan yang terdiri dari empat gaya secara bergantian yaitu gaya Kupu-Kupu (*Butterfly*), gaya Punggung (*backstroke*), gaya dada (*BreastStroke*) dan gaya Bebas (*Freestyle*) diperlukan latihan fisik, teknik, taktik dan mental secara rutin dan teratur mengikuti prinsip-prinsip latihan. Salah satu kondisi fisik yang diperlukan adalah *Volume Oxigen Maximum* (VO_2Max) dan Fleksibilitas Punggung. Tujuan penelitian ini untuk mengetahui Korelasi VO_2Max dan Fleksibilitas Punggung dengan Hasil Renang 200 Meter Gaya Ganti Perorangan, pada atlet Renang *Galunggung Aquatic Club* (*GAC*). Metode penelitian yang digunakan adalah Metode Deskriptif Korelasional dengan Populasi dan sampel sebanyak 20 atlet *Galunggung Aquatic Club* (*GAC*) yang sudah sering mengikuti kejuaraan. Hasil penelitian menunjukkan bahwa secara bersama-sama VO_2Max dan fleksibilitas punggung memiliki korelasi yang sangat tinggi dengan kecepatan renang 200 meter gaya ganti perorangan yang ditunjukkan dengan hasil uji korelasi ganda F_{hitung} sebesar 78,61 lebih besar dari $F_{0,95(2;17)}$ sebesar 3,59, yang menyimpulkan bahwa VO_2Max dan fleksibilitas punggung memiliki korelasi yang sangat tinggi dengan kecepatan renang 200 meter gaya ganti perorangan. Penulis menyarankan kepada pelatih dan atlet agar selalu dilatih kondisi fisik khususnya VO_2Max dan Fleksibilitas Punggung selain latihan fisik lainnya untuk meningkatkan kecepatan renang 200 meter gaya ganti perorangan.

Kata Kunci: Korelasi, VO_2MAX , Fleksibilitas Punggung, Kecepatan Renang, 200 Meter Gaya Ganti

ABSTRACTS

AMBARWATI PUTRI PITALOKA, 2023. THE CORRELATION OF VO₂MAX AND BACK FLEXIBILITY WITH THE RESULTS OF SWIMMING 200 METERS INDIVIDUAL MEDLEY AT GALUNGGUNG AQUATIC CLUB (GAC) SWIMMING ATLET. (Descriptive Study on Atet Swimming Galunggung Aquatic Club). Department of Physical Education. Faculty of Teaching and Education. Siliwangi University.

Swimming is one of the water sports that has many fans. In the achievement number, many numbers were contested, including the 200 meters Individual Medley. To be able to increase the swimming speed of 200 meters Individual Change Style which consists of four styles alternately namely Butterfly, Backstroke, Breaststroke and Freestyle requires physical, technical, tactical and mental exercise regularly following the principles of exercise. One of the physical conditions required is Maximum Oxygen Volume (VO₂Max) and Back Flexibility. The purpose of this study was to determine the Correlation of VO₂Max and Back Flexibility with the Results of Swimming 200 Meters Individual Medley at Galunggung Aquatic Club (GAC) swimming atlet. The research method used was the Correlational Descriptive Method with Population and sample of 20 Galunggung Aquatic Club (GAC) athletes who had often participated in championships. The results showed that together VO₂Max and back flexibility had a very high correlation with the swimming speed of 200 Meters Individual Medley dressing force as shown by the results of both of them is F of 78.61 greater than F_{0.95(2;17)} of 3.59, which concluded that VO₂ Max and back flexibility has a very high correlation with the speed of swimming 200 Meters Individual Medley. The author advises coaches and athletes to always be trained in physical condition, especially VO₂Max and back flexibility in addition to other physical exercises to increase swimming speed 200 meters individual medley.

Keywords: Correlation, VO₂MAX, Back Flexibility, Swimming Speed, 200 Meters Medley Swimming