

ABSTRAK

Bayu Bayanudin. 2025. Pengaruh Latihan *Continuous Running* terhadap Daya Tahan Kardiovaskular Atlet Pencak Silat Perisai Diri. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengkaji pengaruh signifikan latihan *continuous running* terhadap daya tahan kardiovaskular atlet Pencak Silat Perisai Diri di Kota Tasikmalaya. Metode kuantitatif eksperimen dengan desain *pretest-treatment-posttest* digunakan dalam studi ini. Sampel penelitian terdiri dari 20 atlet Pencak Silat Perisai Diri Kota Tasikmalaya, dipilih melalui teknik random sampling. Pengumpulan data dilakukan menggunakan tes lari multi-tahap (*Bleep Test*) sebagai *pretest* dan *posttest*. Intervensi latihan mencakup 16 sesi *continuous running*. Analisis data meliputi perhitungan mean, standar deviasi, dan variansi, diikuti dengan uji normalitas (*Liliefors*) dan homogenitas (uji F). Uji-t digunakan untuk menguji hipotesis. Hasil menunjukkan bahwa data *pretest* dan *posttest* terdistribusi normal dan homogen. Uji-t menunjukkan pengaruh signifikan dari latihan *continuous running* terhadap daya tahan kardiovaskular, dengan nilai t hitung sebesar 13.02, yang lebih besar dari t tabel 1.73 ($13.02 > 1.73$). Ini mengindikasikan bahwa hipotesis nol ditolak dan terdapat pengaruh yang berarti. Latihan *continuous running* terbukti sangat efektif dalam meningkatkan daya tahan kardiovaskular atlet Pencak Silat Perisai Diri. Peningkatan ini disebabkan oleh program latihan yang sistematis dan teratur, yang berkontribusi pada peningkatan fungsi kardiorespiratori dan performa atletik secara keseluruhan.

Kunci: Latihan *Continuous Running*, Daya Tahan *Cardiovascular*, Atlet Pencak Silat, Perisai Diri.

ABSTRACT

Bayu Bayanudin. 2025. *The Effect of Continuous Running Exercise on Cardiovascular Endurance of Perisai Diri Pencak Silat Athletes.* Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to examine the significant effect of continuous running training on the cardiovascular endurance of Perisai Diri Pencak Silat athletes in Tasikmalaya City. A quantitative experimental method with a pretest-treatment-posttest design was used in this study. The research sample consisted of 20 Perisai Diri Pencak Silat athletes in Tasikmalaya City, selected through a random sampling technique. Data collection was carried out using a multi-stage running test (Bleep Test) as a pretest and posttest. The training intervention included 16 continuous running sessions. Data analysis included calculating the mean, standard deviation, and variance, followed by normality tests (Liliefors) and homogeneity (F test). The t-test was used to test the hypothesis. The results showed that the pretest and posttest data were normally distributed and homogeneous. The t-test showed a significant effect of continuous running training on cardiovascular endurance, with a calculated t value of 13.02, which is greater than the t table of 1.73 ($13.02 > 1.73$). This indicates that the null hypothesis is rejected and there is a significant effect. Continuous running training has been shown to be highly effective in improving the cardiovascular endurance of Perisai Diri Pencak Silat athletes. This improvement is due to a systematic and regular training program, which contributes to improved cardiorespiratory function and overall athletic performance.

Keyword: *Continuous Running Training, Cardiovascular Endurance, Pencak Silat Athletes, Self-Defense*