

ABSTRAK

Luthfi Fadlurrohman 2026, **Pengaruh Latihan *Circuit Training* Dengan 6 Pos Terhadap Kebugaran Jasmani Siswa Smp Negeri 2 Cikoneng**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi, Tasikmalaya.

Penelitian ini dilatarbelakangi oleh pentingnya kebugaran jasmani sebagai salah satu faktor yang mendukung aktivitas belajar, kesehatan, dan kemampuan siswa dalam menjalankan aktivitas sehari-hari. Salah satu metode latihan yang dapat digunakan untuk meningkatkan kebugaran jasmani adalah *circuit training* dengan 6 pos latihan. Penelitian ini bertujuan untuk mengetahui pengaruh latihan *circuit training* dengan 6 pos terhadap peningkatan kebugaran jasmani siswa SMP Negeri 2 Cikoneng. Penelitian ini menggunakan metode kuantitatif dengan pendekatan eksperimen melalui desain One Group *Pretest–Posttest Design*. Sampel penelitian berjumlah 30 siswa yang dipilih menggunakan teknik proportionate stratified random sampling. Instrumen penelitian menggunakan Tes Kebugaran Jasmani Indonesia (TKJI). Analisis data dilakukan melalui uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji t. Hasil penelitian menunjukkan bahwa nilai rata-rata kebugaran jasmani siswa mengalami peningkatan dari 11,43 pada saat pretest menjadi 13,80 pada saat posttest. Berdasarkan hasil uji hipotesis diperoleh $t_{hitung} > t_{tabel}$, sehingga H_0 ditolak dan H_1 diterima. Dengan demikian, latihan *circuit training* dengan 6 pos memberikan pengaruh yang signifikan terhadap peningkatan kebugaran jasmani siswa SMP Negeri 2 Cikoneng.

Kata Kunci: *circuit training*, kebugaran jasmani, siswa SMP.

ABSTRACT

Luthfi Fadlurrohman 2026, *The Effect of Circuit Training with 6 Stations on the Physical Fitness of Students at SMP Negeri 2 Cikoneng*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University, Tasikmalaya.

This study was motivated by the importance of physical fitness as one of the factors that supports students' learning activities, health, and ability to perform daily activities. One training method that can be used to improve physical fitness is six-station circuit training. This study aimed to determine the effect of six-station circuit training on the improvement of physical fitness among students at SMP Negeri 2 Cikoneng. This study employed a quantitative method with an experimental approach using a One Group Pretest–Posttest Design. The sample consisted of 30 students selected using the proportionate stratified random sampling technique. The research instrument was the Indonesian Physical Fitness Test (Tes Kebugaran Jasmani Indonesia/TKJI). The data were analyzed using the normality test, homogeneity test, and paired t-test. The results showed that the students' mean physical fitness score increased from 11.43 in the pretest to 13.80 in the posttest. The hypothesis testing indicated that the calculated t-value was greater than the t-table value, resulting in the rejection of the null hypothesis (H_0) and the acceptance of the alternative hypothesis (H_1). Therefore, it can be concluded that six-station circuit training had a significant effect on improving the physical fitness of students at SMP Negeri 2 Cikoneng.

Keywords: *circuit training, physical fitness, junior high school students*