

PERSETUJUAN PEMBIMBING

Judul Skripsi :

**TINGKAT KEBUGARAN JASMANI RESIMEN MAHASISWA
UNIVERSITAS NEGERI GORONTALO
DI ERA PANDEMI COVID-19**

Oleh.

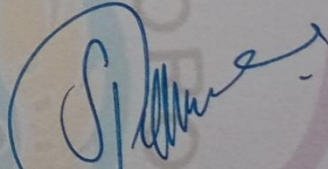
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Telah diperiksa dan disetujui untuk mengikuti ujian skripsi.

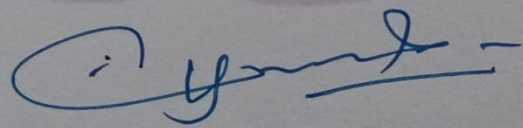
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PENGESAHAN

TINGKAT KEBUGARAN JASMANI RESIMEN MAHASISWA
UNIVERSITAS NEGERI GORONTALO
DI ERA PANDEMI COVID-19

Oleh.

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Telah Dipertahankan Di Depan Penguji
Hari/Tanggal : Jumat, 30 April 2021
Waktu : 09.00 Wita S/d Selesai

Dosen Penguji.

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ABSTRAK

Fendri R. Mohamad. 2021. Tingkat Kebugaran Jasmani Resimen Mahasiswa Universitas Negeri Gorontalo Di Era Pandemi Covid-19. Skripsi Jurusan Pendidikan Keperawatan Olahraga, Fakultas Olahraga dan Kesehatan, Universitas Negeri Gorontalo. Pembimbing I Dr. Hartono Hadjarati, M.Pd dan Pembimbing II Suprianto Kadir, M.Pd.

Tujuan penelitian ini adalah untuk mengetahui Tingkat Kebugaran Jasmani Resimen Mahasiswa Universitas Negeri Gorontalo Di Era Pandemi Covid-19.

Penelitian ini menggunakan metode survei, sedangkan pengumpulan data menggunakan tes dan pengukuran. Sampel berjumlah 16 mahasiswa resimen Universitas Negeri Gorontalo. Teknik pengambilan data menggunakan tes dan pengukuran. Instrumen penelitian menggunakan tes Kesemampuan A yaitu lari 12 menit dan samapta "B" yang terdiri dari (1) Pull-Up, (2) Push-UP, (3) Sit-UP, (4) Squat-Jump, (5) Doging-Run (Lari angka delapan). Teknik analisa data adalah dengan menggunakan analisis deskriptif kualitatif dengan persentase.

Hasil penelitian menjelaskan bahwa rata-rata keseluruhan tes kondisi fisik dalam keadaan cukup dengan persentase 75 %. Dari data diatas dapat disimpulkan bahwa kondisi fisik anggota Resimen Mahasiswa Universitas Negeri Gorontalo di masa Pandemi Covid 19 dalam keadaan Cukup baik. Dari hasil penelitian, disarankan agar ada perluasan dalam praktik yang mendorong keadaan selama pandemi. Pola pembinaan fisik membuat otot-otot tubuh terasa kencang. Oleh karena itu, contoh kemajuan yang sebenarnya harus disesuaikan, sehingga tujuan peningkatan yang diperlukan untuk pengembangan kondisi fisik belum tercapai, namun kondisi fisik tetap dapat beradaptasi, dengan cara ini terbentuk perkembangan otot tubuh yang solid namun gesit, koordinasinya sederhana. dan kemampuan adaptasi kondisi fisik tetap terjaga.

Kata Kunci: Tingkat Kebugaran Jasmani, Resimen Mahasiswa

ABSTRACT

Fendri R. Mohamad, 2021. The Level of Physical Fitness of State University of Gorontalo's Student Regiment in the Covid-19 Pandemic Era. Undergraduate Thesis, Department of Sports Coaching Education, Faculty of Sports and Health, State University of Gorontalo. The principal supervisor is Dr. Hartono Hadjarati, M.Pd and the co-supervisor is Suprianto Kadir, M.Pd.

The purpose of this study was to determine the level of physical fitness of the State University of Gorontalo Student Regiment in the Covid-19 Pandemic Era.

This study used a survey method, while the data collection used tests and measurements. The sample consisted of 16 students of State University of Gorontalo regiment. The data were collected using tests and measurements. The research instrument used the Samapta A test, namely running 12 minutes, and the Samapta "B" which consisted of (1) Pull-Up, (2) Push-UP, (3) Sit-UP, (4) Squat-Jump, (5) Doping -Run. The data were analyzed using descriptive qualitative analysis with percentages.

The results showed that the Samapta "A" test was 12 minutes running (sufficient), the Samapta "B" test, namely (1) Pull-Up (Sufficient), (2) Push-Up (good), (3) Sit-Up (Sufficient), (4) Squat-Jump (Sufficient), (5) Doping-Run (Sufficient). Thus, the average overall physical condition test is in the sufficient category level, namely with a percentage of Good 12.5%, Less 18.75%, and sufficient 75%. It can be concluded that the physical condition of the members of State University of Gorontalo Student Regiment during the Covid 19 Pandemic was fairly good. It is suggested that there should be an increase in training that leads to physical conditions during the Pandemic. A pattern of physical development that leads to over-building of muscle will cause the muscles to feel stiff. For this reason, the pattern of physical development must be balanced so that the goal of physical coaching that is required to build strong muscles is still achieved, but the muscles remain flexible. Therefore, strong but agile body muscle movements are formed, easy coordination, and muscle flexibility are maintained.

Keywords: Physical Fitness Level, Student Regiment

