

Abstract

This study aims to examine the effect of adding resistance training to pilates exercise on the body flexibility of junior high school adolescents. The research was conducted using a quasi-experimental method with pretest and posttest experimental and control group design. The research sample consisted of 26 junior high school adolescents who were divided into two groups, namely the control group and the experimental group. The results showed that pilates exercise significantly improved the body flexibility of junior high school adolescents. In addition, the addition of resistance training to pilates exercise also positively affects the body flexibility of junior high school adolescents. There is a significant difference between pilates exercise alone and the addition of resistance training to pilates exercise in improving the flexibility of junior high school adolescents. This study provides an important understanding of the effect of pilates exercise and resistance training on the flexibility of junior high school adolescents, which can be the basis for the development of effective exercise programs to improve flexibility in the junior high school adolescent population..

Kata Kunci : Pilates Exercise, Resistance Training, Flexibility.

Abstrak

Penelitian ini bertujuan untuk menguji pengaruh penambahan resistance training pada pilates exercise terhadap fleksibilitas tubuh remaja SMP. Penelitian dilakukan menggunakan metode kuasi eksperimental dengan pretest dan posttest experimental and control group design. Sampel penelitian terdiri dari 26 remaja SMP yang dibagi menjadi dua kelompok, yaitu kelompok kontrol dan kelompok eksperimental. Hasil penelitian menunjukkan bahwa pilates exercise secara signifikan meningkatkan fleksibilitas tubuh remaja SMP. Selain itu, penambahan resistance training pada pilates exercise juga berpengaruh positif terhadap fleksibilitas tubuh remaja SMP. Terdapat perbedaan yang signifikan antara pemberian pilates exercise saja dan penambahan resistance training pada pilates exercise dalam meningkatkan fleksibilitas tubuh remaja SMP. Penelitian ini memberikan pemahaman penting mengenai pengaruh latihan pilates exercise dan resistance training terhadap fleksibilitas tubuh remaja SMP, yang dapat menjadi dasar bagi pengembangan program latihan yang efektif untuk meningkatkan fleksibilitas tubuh pada populasi remaja SMP.

Kata Kunci : Pilates Exercise, Resistance Training, Fleksibilitas