

ABSTRAK



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PENGARUH SUSPENSION TRAINING DAN DUMBBELL TRAINING TERHADAP DAYA TAHAN OTOT PADA LANSIA

Terdiri dai VI Bab, 100 Halaman, 12 Tabel, 18 Gambar, 9 Lampiran

Tujuan: Untuk mengetahui perbedaan pemberian *suspension training* dan *dumbbell training* terhadap peningkatan daya tahan otot pada lansia.

Metode: Penelitian ini bersifat *experimental* yang dilakukan 2 kali seminggu selama 4 minggu di Perkumpulan Senam Lansia Kelurahan Cibubur. Penelitian ini terdiri dari 20 orang dan dibagi menjadi dua kelompok masing-masing terdiri dari 10 orang yaitu kelompok perlakuan I diberikan *Suspension Training* dan kelompok perlakuan II diberikan *Dumbbell Training*. Setiap kelompok peningkatan daya tahan otot di ukur dengan *Arm (Biceps) Curl Test* dan *30 Second Chair Stand Test*. **Hasil:** Uji normalitas dengan *Saphiro Wilk Test* menunjukkan kelompok I normal dan kelompok II tidak normal. Sedangkan uji homogenitas dengan *Levene's Test* menunjukkan data homogen. Pada penelitian ini berhasil menunjukkan bahwa *Suspension Training pre test* ACBT mean \pm SD yaitu $18,60 \pm 4,138$, hasil dari *post test* ACBT mean \pm SD yaitu $19,90 \pm 4,202$. *Pre test* 30s CST mean \pm SD yaitu $11,60 \pm 1,838$, hasil dari *post test* 30s CST mean \pm SD yaitu $13,20 \pm 2,486$. Pada penelitian *Dumbbell Training* menunjukkan hasil *pre test* ACBT mean \pm SD yaitu $18,50 \pm 4,275$, hasil dari *post test* ACBT mean \pm SD yaitu $19,50 \pm 4,552$. *Pre test* 30s CST mean \pm SD yaitu $11,40 \pm 2,547$, hasil dari *post test* 30s CST mean \pm SD yaitu $12,40 \pm 2,271$. Kedua penelitian ini menunjukkan adanya peningkatan secara bermakna terhadap daya tahan otot pada Lansia antara sebelum dan sesudah perlakuan ($p < 0,05$). Namun uji beda antara *Suspension Training* dan *Dumbbell Training* terhadap peningkatan daya tahan otot tidak menunjukkan perbedaan yang bermakna ($p = 0,273$). **Kesimpulan:** *Suspension Training* maupun *Dumbbell Training* signifikan dapat meningkatkan daya tahan otot pada lansia namun kedua metode tidak menunjukkan perbedaan yang bermakna dalam meningkatkan daya tahan otot pada lansia.

Kata Kunci: *suspension training, dumbbell training, arm (biceps) curl test, 30 second chair stand test, lansia*

ABSTRACT



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THE EFFECT OF SUSPENSION TRAINING AND DUMBBELL TRAINING ON MUSCLE ENDURANCE IN THE ELDERLY

Consists of VI Chapters, 100 Pages, 12 Tables, 18 Figures, 9 Attachments

Objective: To determine the difference in the provision of suspension training and dumbbell training on increasing muscle endurance in the elderly.

Methods: This study is experimental which was conducted 2 times a week for 4 weeks at Perkumpulan Senam Lansia Kelurahan Cibubur. This study consisted of 20 people and was divided into two groups of 10 people each, namely treatment group I given Suspension Training and treatment group II given Dumbbell Training. Each group of muscle endurance improvement was measured with the Arm (Biceps) Curl Test and 30 Second Chair Stand Test. **Results:** This research is experimental which was conducted 2 times a week for 4 weeks at Perkumpulan Senam Lansia Kelurahan Cibubur. This study consisted of 20 people and was divided into two groups of 10 people each, namely treatment group I given Suspension Training and treatment group II given Dumbbell Training. Each group increased muscle endurance measured by the Arm (Biceps) Curl Test and 30 Second Chair Stand Test. Results: Normality test with Saphiro Wilk Test shows that group I is normal and group II is not normal. While the homogeneity test with Levene's Test shows homogeneous data. In this study successfully showed that Suspension Training pre test ACBT mean \pm SD is 18.60 ± 4.138 , the results of the post test ACBT mean \pm SD is 19.90 ± 4.202 . Pre test 30s CST mean \pm SD is 11.60 ± 1.838 , the results of the post test 30s CST mean \pm SD is 13.20 ± 2.486 . In the Dumbbell Training study, the results of the ACBT pre test mean \pm SD were 18.50 ± 4.275 , the results of the ACBT post test mean \pm SD were 19.50 ± 4.552 . Pre test 30s CST mean \pm SD is 11.40 ± 2.547 , the results of the post test 30s CST mean \pm SD is 12.40 ± 2.271 . Both of these studies showed a significant increase in muscle endurance in the elderly between before and after treatment ($p < 0.05$). However, the difference test between Suspension Training and Dumbbell Training on increasing muscle endurance did not show a significant difference ($p = 0.273$). **Conclusion:** Suspension Training and Dumbbell Training can significantly increase muscle endurance in the elderly but the two methods do not show a significant difference in the results.

Keywords: suspension training, dumbbell training, arm (biceps) curl test, 30 second chair stand test, elderly