

ABSTRAK

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Program Studi	: Kedokteran Umum
Judul Skripsi	: Pengaruh Latihan <i>Jump Rope</i> terhadap Skor <i>Harvard Step Test</i> Pada Mahasiswa Fakultas Kedokteran Universitas YARSI dan Tinjauannya Menurut Pandangan Islam.

Latar Belakang: Perkembangan teknologi yang serba canggih menjadi salah satu penyebab beralihnya aktivitas dinamis menjadi statis diperkirakan menjadi penyebab menurunnya tingkat kebugaran jasmani seseorang. Banyak remaja yang tidak memedulikan kebugaran jasmani sehingga dapat menurunkan tingkat kebugaran jasmani. Untuk meningkatkan kebugaran jasmani diperoleh dari latihan olahraga teratur dan asupan gizi seimbang, salah satu latihan olahraga yang cukup mudah dilakukan yaitu *Jump Rope*. Latihan *jump rope* diduga dapat mempengaruhi skor *Harvard step test*.

Metode: Studi ini merupakan studi *eksperimental* dengan rancangan penelitian *non-randomized pretest-posttest*. Penelitian ini dilakukan di Lab Fisiologi FK Yarsi dan secara daring dari tanggal 23 November-23 Desember 2020. Dilakukan 300 kali lompatan *jump rope* per hari sebanyak tiga kali per minggu dan dilakukan selama 4 minggu terhadap 30 subjek laki-laki. Skor *Harvard step test* diukur pada saat awal dan diakhir perlakuan *jump rope*. Analisis data untuk membedakan hasil skor *Harvard step test pre* dan *post* menggunakan *Paired T-Test* dan selanjutnya untuk memastikan adanya hubungan antara *jump rope* dan skor *harvard step test* dilakukan Uji Korelasi *Pearson*.

Hasil: Dari hasil penelitian diperoleh perbedaan nilai skor *harvard step test*, terjadi peningkatan yang signifikan pada rata-rata skor *Harvard Step Test post* perlakuan sebesar **21,34%** ($p=0,001$). Pada hasil uji korelasi dari rata-rata durasi waktu *Jump Rope* selama 12 kali perlakuan dengan data skor *Harvard Step Test posttest* diperoleh nilai korelasi negatif sedang yang signifikan dengan nilai $r = -0,393$ dan $p = 0,032$ serta persamaan $y = -1,3268x + 52,268$.

Kesimpulan: Terdapat perbedaan yang signifikan pada skor *Harvard step test* sebelum melakukan latihan *jump rope* dan setelah melakukan latihan *jump rope*. Terdapat hubungan yang signifikan antara *jump rope* dengan skor *Harvard step test*.

Keyword: Kebugaran jasmani, *jump rope*, *Harvard step test*

ABSTRACT

<i>Name</i>	<i>: Rizki Sahrul Barokah</i>
<i>Study Program</i>	<i>: Medicine</i>
<i>Title</i>	<i>:The Effect Of Jump Rope Training On Harvard Step Test Scores In Faculty Of Medicine Students Of Yarsi University And The Review According To Islamic</i>

Background: The development of sophisticated technology is one of the reasons for the shift from dynamic to static activities, which is thought to be the cause of a decrease in one's physical fitness level. Many teenagers do not care about physical fitness to reduce the level of physical fitness. Improve physical fitness can be obtained from regular exercise training and balanced nutritional intake. One sport exercise that is relatively easy to do is Jump Rope. Jump rope training is thought to affect the Harvard step test score.

Methods: This study is an experimental study with a non-randomized pretest-posttest research design. This research was conducted at the Physiology Lab FK Yarsi and online from November 23 to December 23, 2020. Three hundred jump rope jumps were performed per day three times per week and carried out for four weeks on 30 male subjects. The Harvard step test score was measured at the beginning and the end of the jump rope treatment. Analysis of data to distinguish the results of the pre and post-Harvard step test scores using the Paired T-Test and then to ensure a relationship between the jump rope and Harvard step test scores, the Pearson Correlation Test was performed.

Results: In this research was found a difference in the Harvard Step Test score. There was a significant increase in the average post-treatment Harvard Step Test score of 21.34% ($p = 0.001$). In the correlation test results from the average duration of the Jump Rope time for 12 treatments with the Harvard Step Test posttest score data, it was obtained that a significant negative correlation value was significant with a value of $r = -0.393$ and $p = 0.032$ and the equation $y = -1.3268x + 52.268$.

Conclusion: There is a significant difference in the Harvard step test scores before and after jump rope training. There is a significant relationship between the jump rope and the Harvard step test score.

Keyword: Physical fitness, Jump rope, Harvard step test