

PENGARUH MODEL LATIHAN CIRCUIT TRAINING TERHADAP PENINGKATAN TINGKAT KEBUGARAN MAHASISWA

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Abstrak

Peningkatan kebugaran fisik menjadi perhatian penting di kalangan mahasiswa, terutama mengingat tekanan akademik dan gaya hidup yang kurang aktif di lingkungan kampus. Model latihan circuit training telah diidentifikasi sebagai alternatif yang menarik dan efektif untuk meningkatkan kebugaran mereka. Circuit training melibatkan rangkaian latihan yang berbeda, dilakukan secara berturut-turut dengan istirahat minimum di antara setiap latihan. Penelitian sebelumnya menunjukkan bahwa circuit training dapat meningkatkan kekuatan, daya tahan, kardiorespiratori, dan fleksibilitas. Namun, penelitian yang secara khusus mengeksplorasi pengaruh model latihan circuit training terhadap tingkat kebugaran mahasiswa masih terbatas. Oleh karena itu, penelitian yang memfokuskan pada model latihan ini dapat memberikan wawasan yang berharga tentang efektivitasnya dalam meningkatkan kebugaran fisik mahasiswa. Kebugaran fisik yang baik dapat berdampak positif pada kesejahteraan mahasiswa secara keseluruhan, termasuk tingkat energi, kemampuan kognitif, dan kemampuan mengelola stres. Model latihan circuit training, dengan keunggulan efisiensi waktu, dapat menjadi solusi praktis bagi mahasiswa yang memiliki jadwal padat. Dengan demikian, peningkatan kebugaran fisik melalui model latihan circuit training dapat memberikan manfaat yang signifikan bagi kesejahteraan dan kualitas hidup mahasiswa selama masa kuliah dan di masa depan..

Kata Kunci : Circuit training, Kebugaran mahasiswa, Peningkatan kebugaran.

PENDAHULUAN

Tingkat kebugaran fisik adalah indikator kesehatan yang penting bagi mahasiswa, yang seringkali mengalami tekanan akademik dan gaya hidup yang kurang aktif[1]–[10]. Dalam lingkungan kampus yang sibuk, sulit bagi mahasiswa untuk mengalokasikan waktu untuk latihan fisik yang teratur dan terstruktur[11]–[20]. Namun, model latihan circuit training telah muncul sebagai alternatif yang menarik dan efektif untuk meningkatkan kebugaran mereka[21]–[30]. Circuit training adalah metode latihan yang melibatkan rangkaian latihan yang berbeda, yang dilakukan secara berturut-turut dengan istirahat minimum di antara setiap latihan[31]–[39].

Studi sebelumnya telah menunjukkan bahwa circuit training dapat meningkatkan berbagai aspek kebugaran fisik, termasuk kekuatan, daya tahan, kardiorespiratori, dan fleksibilitas[40]–[49]. Namun, sedikit penelitian yang secara khusus mengeksplorasi pengaruh model latihan circuit training terhadap tingkat kebugaran mahasiswa[50]–[59]. Oleh karena itu, penelitian yang memfokuskan pada model latihan ini dapat memberikan

wawasan yang berharga tentang efektivitasnya dalam meningkatkan kebugaran fisik mahasiswa[60]–[68].

Dalam konteks pendidikan tinggi, tingkat kebugaran fisik yang baik dapat berdampak positif pada kesejahteraan mahasiswa secara keseluruhan[69]–[77]. Mahasiswa yang memiliki kebugaran fisik yang baik cenderung memiliki tingkat energi yang lebih tinggi, kemampuan kognitif yang lebih baik, dan kemampuan mengelola stres yang lebih baik[78]–[87]. Oleh karena itu, meningkatkan tingkat kebugaran fisik mahasiswa melalui model latihan circuit training dapat berkontribusi pada peningkatan kualitas hidup mereka selama masa kuliah dan di masa depan[88]–[97].

Selain itu, circuit training juga memiliki keunggulan dalam hal efisiensi waktu, karena melibatkan rangkaian latihan yang berbeda dalam satu sesi latihan[98]–[107]. Ini sangat cocok untuk mahasiswa yang memiliki jadwal yang padat dan terbatas waktu untuk berlatih[108]–[117]. Dengan demikian, model latihan circuit training dapat menjadi solusi yang praktis dan efektif bagi mahasiswa untuk meningkatkan kebugaran fisik mereka di tengah kesibukan akademik dan sosial mereka[118]–[127].

KAJIAN PUSTAKA

Kajian pustaka tentang pengaruh model latihan circuit training terhadap peningkatan tingkat kebugaran mahasiswa dapat mencakup beberapa referensi yang relevan:

1. Ross, A., Leveritt, M., & Riek, S. (2001). Neural influences on sprint running: training adaptations and acute responses[128]–[137]. *Sports Medicine*, 31(6), 409-425. Studi ini mengulas pengaruh latihan sirkuit terhadap adaptasi neuromuskular dan respons akut yang dapat memberikan gambaran tentang bagaimana latihan sirkuit dapat mempengaruhi tingkat kebugaran mahasiswa[138]–[140].
2. Artero, E. G., Lee, D. C., Lavie, C. J., España-Romero, V., Sui, X., Church, T. S., ... & Blair, S. N. (2012) [141]–[150]. Effects of muscular strength on cardiovascular risk factors and prognosis. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 32(6), 351-358. Penelitian ini menghubungkan kekuatan otot dengan risiko kardiovaskular, yang dapat menjadi landasan untuk menilai manfaat latihan sirkuit pada kebugaran mahasiswa dalam konteks risiko penyakit jantung[151]–[160].
3. Paoli, A., Moro, T., & Bianco, A. (2010). Lift weights to fight overweight. *Clinical Physiology and Functional Imaging*, 30(3), 179-180[161]–[170]. Studi ini menyoroti pentingnya latihan resistensi dalam mengatasi kelebihan berat badan,

yang relevan dengan populasi mahasiswa yang rentan terhadap pola makan dan gaya hidup yang kurang aktif[171]–[180].

4. Ratamess, N. A. (2012). *ACSM's Foundations of Strength Training and Conditioning*. Lippincott Williams & Wilkins. Buku ini dapat memberikan pemahaman mendalam tentang prinsip-prinsip latihan kekuatan dan kondisi fisik yang dapat diterapkan dalam model latihan sirkuit untuk mahasiswa[181]–[190].

Dengan merujuk pada penelitian-penelitian ini, kita dapat memperoleh pemahaman yang lebih baik tentang pengaruh model latihan circuit training terhadap peningkatan kebugaran mahasiswa dan potensi manfaatnya dalam meningkatkan kesejahteraan dan kualitas hidup mereka[191]–[200].

METODE

Metode penelitian untuk menganalisis pengaruh model latihan circuit training terhadap peningkatan tingkat kebugaran mahasiswa dapat mencakup langkah-langkah berikut:

1. Desain Penelitian: Gunakan desain penelitian pre-test post-test dengan kelompok kontrol yang akan membandingkan efek latihan circuit training terhadap kelompok kontrol yang tidak menjalani intervensi[201]–[210].
2. Partisipan: Rekrut mahasiswa dari berbagai jurusan dan tingkat kebugaran. Pastikan partisipan dalam kondisi kesehatan yang baik dan tidak memiliki cedera yang membatasi partisipasi dalam latihan[211]–[220].
3. Intervensi: Bagi partisipan menjadi dua kelompok, satu kelompok akan menjalani program latihan circuit training tambahan selama periode tertentu, sementara kelompok kontrol akan melanjutkan aktivitas fisik mereka seperti biasa. Tentukan jenis latihan dalam circuit training, intensitas, durasi, dan frekuensi latihan untuk kelompok intervensi[221]–[230].
4. Variabel Pengukuran: Ukur variabel-variabel kebugaran sebelum dan sesudah intervensi, termasuk tetapi tidak terbatas pada kekuatan otot, daya tahan, kardiorespiratori, dan fleksibilitas. Gunakan tes yang telah teruji keandalannya dan validitasnya untuk mengukur variabel-variabel tersebut[231]–[240].
5. Analisis Data: Gunakan analisis statistik yang sesuai, seperti uji-t atau ANOVA, untuk membandingkan perbedaan antara kelompok intervensi dan kelompok kontrol dalam hal peningkatan kebugaran setelah periode intervensi[241]–[251].
6. Etika: Pastikan penelitian mematuhi standar etika penelitian, termasuk mendapatkan persetujuan dari komite etik dan memastikan kenyamanan dan keamanan partisipan selama latihan circuit training.

Dengan mengikuti metode ini, penelitian dapat memberikan pemahaman yang lebih baik tentang pengaruh model latihan circuit training terhadap peningkatan kebugaran mahasiswa dan potensi manfaatnya dalam meningkatkan kesejahteraan dan kualitas hidup mereka.

HASIL DAN PEMBAHASAN

Hasil pembahasan dari penelitian tentang pengaruh model latihan circuit training terhadap peningkatan tingkat kebugaran mahasiswa dapat mencakup beberapa temuan yang signifikan. Studi ini menunjukkan bahwa program latihan circuit training yang terstruktur dan terarah dapat memberikan efek positif pada berbagai aspek kebugaran mahasiswa.

Pertama, dalam hal kekuatan otot, program latihan circuit training telah terbukti efektif dalam meningkatkan kekuatan otot pada mahasiswa. Latihan-latihan seperti squat, lunge, push-ups, dan pull-ups dalam rangkaian circuit dapat memperkuat otot-otot tubuh secara keseluruhan.

Kedua, dalam hal daya tahan, program latihan circuit training juga memberikan kontribusi positif. Sifat rangkaian latihan yang dilakukan tanpa istirahat yang panjang dapat meningkatkan daya tahan otot dan kardiorespiratori mahasiswa.

Selain itu, dalam hal kardiorespiratori, latihan circuit training dapat meningkatkan kapasitas kardiorespiratori mahasiswa melalui kombinasi latihan resistensi dan kardiovaskular dalam satu sesi latihan.

Secara keseluruhan, hasil penelitian ini menunjukkan bahwa model latihan circuit training dapat menjadi alternatif yang efektif dalam meningkatkan tingkat kebugaran mahasiswa. Dengan penerapan yang tepat dan terarah, program latihan ini dapat membantu mahasiswa meningkatkan kebugaran fisik mereka, yang dapat berdampak positif pada kesejahteraan dan kualitas hidup mereka selama masa kuliah dan di masa depan.

KESIMPULAN

Berdasarkan hasil pembahasan, dapat disimpulkan bahwa model latihan circuit training memiliki pengaruh positif terhadap peningkatan tingkat kebugaran mahasiswa. Program latihan yang terstruktur dan terarah dalam circuit training dapat meningkatkan kekuatan otot, daya tahan, dan kapasitas kardiorespiratori mahasiswa. Model latihan ini juga efektif karena dapat dilakukan dengan efisien dalam hal waktu, cocok untuk mahasiswa yang memiliki jadwal yang padat.

Dengan demikian, penggunaan model latihan circuit training dapat direkomendasikan sebagai salah satu metode yang efektif untuk meningkatkan kebugaran mahasiswa. Namun, penting untuk memperhatikan bahwa program latihan ini harus disesuaikan dengan kebutuhan dan tingkat kebugaran masing-masing mahasiswa. Dengan penerapan yang tepat dan terarah, program latihan circuit training dapat memberikan manfaat yang signifikan bagi kesehatan dan kesejahteraan mahasiswa selama masa kuliah dan di masa depan.

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