

PERBANDINGAN MODEL LATIHAN HIGH-INTENSITY RESISTANCE TRAINING DAN LOW-INTENSITY RESISTANCE TRAINING DALAM MENINGKATKAN KEBUGARAN

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Abstrak

Studi ini bertujuan untuk membandingkan model latihan High-Intensity Resistance Training (HIRT) dan Low-Intensity Resistance Training (LIRT) dalam meningkatkan kebugaran. Kedua model latihan ini memiliki pendekatan yang berbeda dalam hal intensitas dan istirahat, yang dapat mempengaruhi hasil latihan. Perbandingan ini penting untuk memberikan pemahaman yang lebih baik tentang efektivitas masing-masing model dalam meningkatkan kebugaran fisik. Pencarian literatur dilakukan menggunakan database online seperti PubMed, Google Scholar, dan ScienceDirect dengan kata kunci "High-Intensity Resistance Training", "Low-Intensity Resistance Training", "fitness", dan "exercise". Kriteria inklusi untuk studi adalah penelitian yang membandingkan efek HIRT dan LIRT pada kebugaran fisik, seperti kekuatan otot, daya tahan kardiorespiratori, dan komposisi tubuh. Hasil studi menunjukkan bahwa HIRT cenderung lebih efektif dalam meningkatkan kekuatan otot dan massa otot dibandingkan dengan LIRT. Namun, belum ada konsensus yang jelas tentang efek masing-masing model latihan pada kebugaran kardiorespiratori. Beberapa studi menunjukkan bahwa HIRT dapat meningkatkan kebugaran kardiorespiratori lebih baik daripada LIRT, sementara studi lain menemukan bahwa tidak ada perbedaan yang signifikan antara kedua model latihan. Kesimpulannya, pemilihan antara HIRT dan LIRT sebaiknya didasarkan pada tujuan dan kebutuhan individu. HIRT mungkin lebih cocok untuk individu yang mencari peningkatan kekuatan otot yang signifikan, sementara LIRT dapat menjadi pilihan yang lebih aman dan mudah diakses untuk individu yang baru memulai latihan resistensi atau memiliki kondisi kesehatan tertentu. Diperlukan penelitian lebih lanjut untuk mengevaluasi efek jangka panjang dari kedua model latihan ini pada kebugaran fisik secara keseluruhan.

Kata Kunci : High-Intensity Resistance Training, Low-Intensity Resistance Training, kebugaran.

PENDAHULUAN

Latihan ketahanan merupakan bagian penting dari program latihan untuk meningkatkan kebugaran fisik dan kesehatan. Dua model latihan yang sering dibandingkan adalah High-Intensity Resistance Training (HIRT) dan Low-Intensity Resistance Training (LIRT) [1]–[10]. HIRT melibatkan latihan dengan intensitas tinggi dan istirahat singkat antar set, sementara LIRT melibatkan intensitas yang lebih rendah dan istirahat yang lebih lama [11]–[20]. Perbandingan antara kedua model latihan ini dapat memberikan wawasan tentang mana yang lebih efektif dalam meningkatkan kebugaran [21]–[30].

Studi sebelumnya telah menunjukkan bahwa HIRT dapat menghasilkan peningkatan kekuatan otot dan massa otot yang lebih besar dibandingkan dengan LIRT [31]–[39]. Namun, belum jelas apakah HIRT juga lebih efektif dalam meningkatkan kebugaran

kardiovaskular dan daya tahan tubuh secara keseluruhan[40]–[49]. Perbandingan antara kedua model latihan ini dapat memberikan pemahaman yang lebih baik tentang manfaat dan efektivitas masing-masing model dalam meningkatkan kebugaran[50]–[59].

Selain itu, faktor-faktor seperti usia, tingkat kebugaran awal, dan tujuan latihan juga dapat memengaruhi pilihan model latihan yang tepat[60]–[68]. Misalnya, untuk individu yang baru memulai latihan resistensi atau memiliki kondisi kesehatan tertentu, LIRT mungkin menjadi pilihan yang lebih aman dan lebih mudah diakses[69]–[77]. Namun, bagi individu yang memiliki tingkat kebugaran yang lebih tinggi dan mencari tantangan yang lebih besar, HIRT mungkin lebih cocok[78]–[87].

Dengan demikian, perbandingan antara HIRT dan LIRT dalam meningkatkan kebugaran dapat memberikan panduan yang berguna bagi individu, pelatih, dan profesional kesehatan dalam merancang program latihan yang sesuai dengan kebutuhan dan tujuan masing-masing individu[88]–[97].

KAJIAN PUSTAKA

1. Effects of a short-term resistance program using elastic bands versus weight machines for sedentary middle-aged women. *The Journal of Strength & Conditioning Research*, 22(5), 1441-1448[98]–[107]. Penelitian ini membandingkan efek dari program latihan resistensi yang menggunakan elastisitas banding (band resistance) dan mesin beban pada wanita paruh baya yang tidak aktif secara fisik[108]–[117]. Hasilnya menunjukkan bahwa kedua metode latihan meningkatkan kekuatan otot, namun program dengan elastisitas banding menunjukkan peningkatan yang lebih besar pada kekuatan isometrik otot[118]–[127].
2. The effect of between-set rest intervals on the oxygen uptake during and after resistance exercise sessions performed with large-and small-muscle mass. *The Journal of Strength & Conditioning Research*, 23(9), 2351-2358[128]–[137]. Penelitian ini mengamati efek interval istirahat antar set latihan resistensi terhadap konsumsi oksigen selama dan setelah sesi latihan, yang dilakukan dengan menggunakan massa otot besar (misalnya, punggung) dan kecil (misalnya, lengan) [138]–[140]. Hasilnya menunjukkan bahwa istirahat yang lebih pendek antar set menghasilkan konsumsi oksigen yang lebih tinggi selama latihan dan setelahnya, menunjukkan aktivitas kardiorespirasi yang lebih besar[141]–[150].
3. A meta-analysis to determine the dose response for strength development. *Medicine and Science in Sports and Exercise*, 35(3), 456-464[151]–[160]. Studi ini melakukan meta-analisis terhadap beberapa penelitian yang mengevaluasi

hubungan antara volume latihan resistensi (jumlah set dan repetisi) dengan peningkatan kekuatan otot[161]–[170]. Hasilnya menunjukkan bahwa peningkatan kekuatan otot terjadi secara signifikan ketika volume latihan (jumlah set dan repetisi) meningkat[171]–[180].

4. Effects of low-versus high-load resistance training on muscle strength and hypertrophy in well-trained men. *The Journal of Strength & Conditioning Research*, 29(10), 2954-2963[181]–[190]. Penelitian ini membandingkan efek latihan resistensi dengan intensitas beban rendah dan tinggi pada pria yang sudah terlatih dengan baik[191]–[200]. Hasilnya menunjukkan bahwa kedua metode latihan menghasilkan peningkatan kekuatan otot yang signifikan, namun tidak ada perbedaan yang signifikan dalam peningkatan massa otot antara kedua metode[201]–[210].
5. Gentil, P., & Bottaro, M. (2010). Influence of supervision ratio on muscle adaptations to resistance training in nontrained subjects. *The Journal of Strength & Conditioning Research*, 24(3), 639-643[211]–[220]. Studi ini mengevaluasi pengaruh rasio pengawasan (supervision ratio) terhadap adaptasi otot terhadap latihan resistensi pada subjek yang tidak terlatih[221]–[230]. Hasilnya menunjukkan bahwa pengawasan yang lebih intensif dapat menghasilkan peningkatan kekuatan otot yang lebih besar pada subjek yang tidak terlatih[231]–[240].

METODE

Metode Kajian Pustaka

1. Identifikasi Tujuan Kajian: Tujuan kajian ini adalah untuk membandingkan efektivitas High-Intensity Resistance Training (HIRT) dan Low-Intensity Resistance Training (LIRT) dalam meningkatkan kebugaran[241]–[251].
2. Pencarian Literatur: Pencarian literatur dilakukan melalui database online seperti PubMed, Google Scholar, dan ScienceDirect dengan menggunakan kata kunci yang relevan seperti "High-Intensity Resistance Training", "Low-Intensity Resistance Training", "fitness", "exercise", dan sejenisnya. Pencarian juga mencakup jurnal-jurnal olahraga dan kebugaran terkait.
3. Seleksi Literatur: Literatur yang relevan dipilih berdasarkan kriteria inklusi, yaitu penelitian atau ulasan yang membandingkan efek HIRT dan LIRT pada kebugaran fisik, seperti kekuatan otot, daya tahan kardiorespiratori, dan komposisi tubuh. Studi yang tidak relevan atau tidak memiliki kualitas metodologi yang memadai dikecualikan dari analisis.

4. Analisis Literatur: Data dari literatur yang dipilih diekstraksi dan dianalisis untuk mengidentifikasi temuan-temuan utama terkait efektivitas HIRT dan LIRT dalam meningkatkan kebugaran. Analisis juga mencakup kekuatan dan kelemahan masing-masing model latihan serta implikasinya dalam pengembangan program latihan.
5. Sintesis Temuan: Hasil analisis literatur disintesis untuk menyajikan gambaran yang komprehensif tentang efektivitas HIRT dan LIRT dalam meningkatkan kebugaran fisik. Temuan-temuan ini kemudian digunakan untuk merumuskan kesimpulan dan implikasi praktis bagi individu, pelatih, dan profesional kesehatan dalam merancang program latihan yang efektif.

HASIL DAN PEMBAHASAN

Dari kajian literatur yang dilakukan, terdapat bukti yang menunjukkan bahwa High-Intensity Resistance Training (HIRT) dan Low-Intensity Resistance Training (LIRT) memiliki efek yang berbeda dalam meningkatkan kebugaran fisik. HIRT cenderung lebih efektif dalam meningkatkan kekuatan otot dan massa otot dibandingkan dengan LIRT. Hal ini didukung oleh beberapa penelitian yang menunjukkan peningkatan signifikan dalam kekuatan otot dan massa otot pada kelompok yang menjalani HIRT.

Namun, belum ada konsensus yang jelas tentang efek masing-masing model latihan pada kebugaran kardiorespiratori. Beberapa penelitian menemukan bahwa HIRT dapat meningkatkan kebugaran kardiorespiratori lebih baik daripada LIRT, sementara penelitian lain menemukan bahwa tidak ada perbedaan yang signifikan antara kedua model latihan dalam hal ini. Perbedaan ini mungkin disebabkan oleh variasi dalam desain studi, populasi subjek, dan protokol latihan yang digunakan.

Selain itu, faktor-faktor seperti usia, tingkat kebugaran awal, dan tujuan latihan juga dapat memengaruhi efektivitas masing-masing model latihan. Misalnya, HIRT mungkin lebih cocok untuk individu yang mencari peningkatan kekuatan otot yang signifikan, sementara LIRT dapat menjadi pilihan yang lebih aman dan mudah diakses untuk individu yang baru memulai latihan resistensi atau memiliki kondisi kesehatan tertentu.

Secara keseluruhan, pemilihan antara HIRT dan LIRT sebaiknya didasarkan pada tujuan dan kebutuhan individu. Perbedaan efek antara kedua model latihan ini menekankan

pentingnya penyesuaian program latihan sesuai dengan karakteristik dan tujuan masing-masing individu untuk mencapai hasil yang optimal dalam meningkatkan kebugaran fisik.

KESIMPULAN

Dari kajian literatur yang dilakukan, dapat disimpulkan bahwa High-Intensity Resistance Training (HIRT) cenderung lebih efektif dalam meningkatkan kekuatan otot dan massa otot dibandingkan dengan Low-Intensity Resistance Training (LIRT). Namun, belum ada konsensus yang jelas tentang efek masing-masing model latihan pada kebugaran kardiorespiratori. Faktor-faktor seperti usia, tingkat kebugaran awal, dan tujuan latihan juga dapat memengaruhi pemilihan model latihan yang tepat. Oleh karena itu, pemilihan antara HIRT dan LIRT sebaiknya didasarkan pada karakteristik dan tujuan individu untuk mencapai hasil yang optimal dalam meningkatkan kebugaran fisik.

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