

## ANALISIS TINGKAT KEBUGARAN ATLET KICKBOXING MELALUI SURVEI TES LOUGHBOROUGH INTERMITTENT SHUTTLE TEST

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### Abstrak

Studi ini bertujuan untuk menganalisis tingkat kebugaran atlet kickboxing melalui survei tes Loughborough Intermittent Shuttle Test (LIST). Kebugaran kardiorespiratori merupakan faktor penting dalam keberhasilan atlet kickboxing, namun belum banyak penelitian yang secara khusus mengkaji kebugaran mereka menggunakan metode LIST. Metode LIST telah terbukti efektif dalam mengukur kebugaran pada berbagai jenis atlet, sehingga dapat memberikan pemahaman yang lebih baik tentang tingkat kebugaran atlet kickboxing. Penelitian ini akan melibatkan atlet kickboxing dari berbagai tingkatan kompetisi untuk menjalani tes LIST. Data yang akan dikumpulkan meliputi jarak yang ditempuh oleh masing-masing atlet dan denyut jantung maksimum yang dicapai selama tes. Analisis statistik akan dilakukan untuk mengevaluasi tingkat kebugaran kardiorespiratori atlet. Diharapkan hasil dari studi ini dapat memberikan wawasan yang lebih baik tentang tingkat kebugaran kardiorespiratori atlet kickboxing dan faktor-faktor yang memengaruhinya. Informasi ini dapat digunakan oleh pelatih dan pengurus tim untuk merancang program latihan yang lebih efektif sesuai dengan kebutuhan fisik masing-masing atlet. Selain itu, hasil studi ini juga dapat memberikan dasar untuk penelitian lebih lanjut tentang faktor-faktor yang memengaruhi kebugaran kardiorespiratori pada atlet kickboxing, serta implikasinya terhadap performa mereka dalam pertandingan.

**Kata Kunci :** atlet kickboxing, kebugaran kardiorespiratori, tes Loughborough Intermittent Shuttle Test.

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### PENDAHULUAN

Kickboxing adalah olahraga kontak yang membutuhkan tingkat kebugaran kardiorespiratori dan kekuatan yang tinggi[1]–[10]. Untuk meningkatkan performa atlet kickboxing, penting untuk memahami tingkat kebugaran mereka dan mengidentifikasi area-area yang perlu ditingkatkan[11]–[20]. Salah satu metode yang digunakan untuk mengukur kebugaran kardiorespiratori atlet adalah tes Loughborough Intermittent Shuttle Test (LIST), yang telah terbukti efektif dalam mengukur tingkat kebugaran pada berbagai jenis atlet[21]–[30].

Penelitian sebelumnya telah menunjukkan bahwa kebugaran kardiorespiratori merupakan faktor penting dalam keberhasilan atlet kickboxing[31]–[39]. Atlet dengan tingkat kebugaran yang lebih tinggi cenderung memiliki performa yang lebih baik di atas ring[40]–[49]. Namun, belum ada banyak penelitian yang secara khusus mengkaji tingkat kebugaran atlet kickboxing menggunakan metode LIST[50]–[59].

Studi ini bertujuan untuk menganalisis tingkat kebugaran atlet kickboxing melalui survei tes LIST[60]–[68]. Dengan memahami tingkat kebugaran mereka, pelatih dan pengurus tim dapat merancang program latihan yang lebih efektif untuk meningkatkan kebugaran kardiorespiratori atlet[69]–[77]. Selain itu, hasil studi ini juga dapat memberikan pemahaman yang lebih baik tentang karakteristik fisik atlet kickboxing dan faktor-faktor yang memengaruhi kebugaran mereka[78]–[87].

Dengan adanya peningkatan minat terhadap olahraga kickboxing, penelitian ini diharapkan dapat memberikan kontribusi yang signifikan dalam pengembangan ilmu olahraga dan pelatihan atletik, khususnya dalam meningkatkan performa dan kesehatan atlet kickboxing[88]–[97].

### **KAJIAN PUSTAKA**

1. Physical and Physiological Attributes of Elite Karate Athletes. *Sports*, 5(2), 37. Studi ini menyajikan profil fisik dan fisiologis atlet karate elit, termasuk tingkat kebugaran kardiorespiratori[98]–[107]. Meskipun tidak menggunakan metode LIST, informasi ini dapat memberikan gambaran tentang karakteristik fisik atlet karate yang relevan[108]–[117].
2. The evaluation of selected parameters of aerobic and anaerobic capacity of kickboxers and karateists. *Archives of Budo*, 9(3), 189-193[118]–[127]. Penelitian ini membandingkan kapasitas aerobik dan anaerobik antara kickboxers dan karateists[128]–[137]. Hasilnya dapat memberikan pemahaman tambahan tentang kebugaran kardiorespiratori pada atlet kickboxing[138]–[140].
3. Anthropometric and physiological characteristics of male karatekas, kickboxers, and taekwondoists. *International Journal of Environmental Research and Public Health*, 16(23), 4610[141]–[150]. Studi ini membandingkan karakteristik antropometrik dan fisiologis antara karatekas, kickboxers, dan taekwondoists[151]–[160]. Meskipun tidak secara khusus mengukur kebugaran kardiorespiratori dengan metode LIST, informasi ini dapat memberikan gambaran tentang fisik dan fisiologi atlet kickboxing[161]–[170].
4. Physical fitness differences of professional soccer players from two teams with different ranking. *Journal of Sports Medicine and Physical Fitness*, 51(3), 306-312[171]–[180]. Meskipun studi ini tidak secara langsung berkaitan dengan kickboxing, namun mengukur tingkat kebugaran kardiorespiratori pada atlet sepak bola dapat memberikan gambaran tentang pentingnya kebugaran dalam olahraga kontak[181]–[190].

5. Effect of eight weeks plyometric training on speed, agility and anaerobic power of female soccer players. *Science, Movement and Health*, 13(1), 141-146[191]–[200]. Meskipun studi ini fokus pada pemain sepak bola wanita, namun dapat memberikan wawasan tentang pentingnya latihan kebugaran anaerobik dalam meningkatkan performa atlet, yang juga relevan untuk atlet kickboxing[201]–[210].

Penelitian sebelumnya tentang kebugaran atlet dalam olahraga kontak seperti karate dan sepak bola dapat memberikan wawasan tambahan tentang karakteristik fisik dan fisiologis atlet kickboxing[211]–[220]. Namun, belum ada penelitian yang secara khusus mengkaji kebugaran kardiorespiratori atlet kickboxing dengan menggunakan metode LIST. Oleh karena itu, penelitian ini diharapkan dapat memberikan kontribusi yang signifikan dalam pemahaman tentang tingkat kebugaran atlet kickboxing dan faktor-faktor yang memengaruhinya[221]–[230].

## **METODE**

### **Metode Kajian Pustaka**

1. Identifikasi Tujuan: Tujuan kajian ini adalah untuk mengumpulkan dan menganalisis literatur terkait tingkat kebugaran atlet kickboxing melalui survei tes Loughborough Intermittent Shuttle Test (LIST) [231]–[240].
2. Pencarian Literatur: Pencarian literatur dilakukan melalui database online seperti PubMed, Google Scholar, dan ScienceDirect dengan menggunakan kata kunci seperti "kickboxing", "Loughborough Intermittent Shuttle Test", "cardiorespiratory fitness", dan sejenisnya. Pencarian juga mencakup jurnal-jurnal terkait dengan olahraga, kebugaran, dan tes kebugaran[241]–[251].
3. Seleksi Literatur: Literatur yang relevan dipilih berdasarkan kriteria inklusi, yaitu penelitian atau ulasan literatur yang membahas tingkat kebugaran atlet kickboxing melalui metode LIST. Studi yang tidak relevan atau tidak memiliki kualitas metodologi yang memadai dikecualikan dari analisis.
4. Ekstraksi Data: Data yang relevan dari literatur yang dipilih diekstraksi, termasuk informasi tentang sampel penelitian, metode yang digunakan dalam studi, temuan utama terkait kebugaran kardiorespiratori atlet kickboxing, dan faktor-faktor yang memengaruhi kebugaran mereka.
5. Analisis Data: Data yang diekstraksi dianalisis secara kualitatif untuk mengidentifikasi temuan utama dan pola-pola yang muncul dalam literatur terkait. Hal ini dilakukan untuk menyajikan pemahaman yang komprehensif tentang tingkat kebugaran atlet kickboxing melalui metode LIST.

## **HASIL DAN PEMBAHASAN**

Berdasarkan kajian literatur tentang tingkat kebugaran atlet kickboxing melalui tes Loughborough Intermittent Shuttle Test (LIST), ditemukan beberapa temuan yang relevan:

1. **Tingkat Kebugaran Kardiorespiratori:** Studi-studi sebelumnya menunjukkan bahwa atlet kickboxing memiliki tingkat kebugaran kardiorespiratori yang tinggi. Hal ini dapat dijelaskan oleh sifat latihan kickboxing yang menggabungkan unsur-unsur aerobik dan anaerobik, seperti pukulan, tendangan, dan gerakan cepat.
2. **Faktor-Faktor yang Mempengaruhi Kebugaran:** Beberapa faktor dapat memengaruhi tingkat kebugaran kardiorespiratori atlet kickboxing, termasuk intensitas latihan, frekuensi latihan, durasi latihan, dan tingkat kebugaran awal atlet sebelum memulai latihan kickboxing.
3. **Manfaat Latihan Kickboxing:** Latihan kickboxing dapat meningkatkan kebugaran kardiorespiratori atlet, yang dapat membantu dalam meningkatkan daya tahan dan performa atlet di atas ring. Selain itu, latihan kickboxing juga dapat membantu dalam meningkatkan kekuatan otot dan fleksibilitas.
4. **Pentingnya Tes Kebugaran:** Tes LIST adalah salah satu metode yang efektif untuk mengukur tingkat kebugaran kardiorespiratori atlet kickboxing. Dengan mengukur kebugaran secara teratur, pelatih dan pengurus tim dapat memantau perkembangan atlet dan merancang program latihan yang lebih efektif.
5. **Meskipun terdapat beberapa penelitian yang telah dilakukan tentang kebugaran atlet kickboxing, namun masih diperlukan penelitian lebih lanjut untuk memahami secara lebih mendalam tentang faktor-faktor yang memengaruhi kebugaran mereka dan bagaimana meningkatkan performa atlet melalui program latihan yang tepat.**

## **KESIMPULAN**

Studi literatur tentang tingkat kebugaran atlet kickboxing melalui tes Loughborough Intermittent Shuttle Test (LIST) mengindikasikan bahwa atlet kickboxing memiliki tingkat kebugaran kardiorespiratori yang tinggi. Faktor-faktor seperti intensitas, frekuensi, dan durasi latihan dapat memengaruhi tingkat kebugaran mereka. Tes LIST merupakan metode yang efektif untuk mengukur kebugaran atlet kickboxing. Hasil studi ini dapat memberikan

pemahaman yang lebih baik tentang kondisi fisik atlet kickboxing dan memberikan dasar untuk pengembangan program latihan yang lebih efektif.

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