

ABSTRAK

Ely Yuliawan, Pengembangan Instrumen Tes Pengukuran Kondisi Fisik Atlet Cabang Olahraga Dayung Provinsi Jambi. Promotor Prof. Dr. Sukendro, M.Kes., AIFO., Co. Promotor Dr. Ugi Nugraha, S.Pd., M.Pd. & Muhammad Haris Effendi Hsb, S.Pd., M.Si., Ph.D.

Pengukuran kondisi fisik yang akurat dan terstandar sangat penting untuk mengoptimalkan performa atlet dalam olahraga dayung. Namun, keterbatasan instrumen yang valid dan andal menjadi kendala utama dalam memenuhi kebutuhan tersebut. Penelitian ini bertujuan mengembangkan dan memvalidasi desain instrumen tes fisik yang sesuai dengan karakteristik olahraga dayung. Instrumen yang dihasilkan diharapkan mampu memberikan panduan pengukuran yang aplikatif dan terstandar.

Pengembangan instrumen ini melibatkan tiga tahapan utama: analisis, desain, dan evaluasi. Tahap analisis mencakup identifikasi kebutuhan, kajian teori, dan telaah literatur. Tahap desain melibatkan rekonstruksi komponen instrumen berdasarkan teori relevan dan validasi oleh tujuh ahli (empat akademisi dan tiga praktisi). Tahap implementasi meliputi validasi eksternal, pengujian pada 48 atlet dayung di Provinsi Jambi, serta uji coba lanjutan pada 12 atlet menggunakan uji Wilcoxon untuk membandingkan hasil sebelum dan sesudah pengembangan.

Hasil penelitian menunjukkan bahwa instrumen yang dikembangkan memiliki validitas dan reliabilitas tinggi. Validasi dengan Aiken's V menghasilkan nilai 0,77 (lebih besar dari 0,75), sedangkan reliabilitas antar penilai menggunakan *Intraclass Correlation Coefficient* (ICC) menghasilkan nilai signifikan 0,000. Analisis uji Wilcoxon pada data uji coba menunjukkan nilai Asymp. Sig sebesar 0,002, yang mengindikasikan hasil pengukuran instrumen baru berbeda secara signifikan dibandingkan instrumen awal. Instrumen akhir terdiri dari sembilan item tes, termasuk Tes Lari 30 Meter, Push-Up, Sit-Up, Standing Broad Jump, Beep Test, V Sit and Reach, Medicine Ball Throw, Stork Stand, dan Hand Eye Coordination Test.

Kesimpulannya, instrumen pengukuran fisik yang dikembangkan terbukti valid, andal, dan efektif untuk mengukur kondisi fisik atlet dayung. Instrumen ini dapat digunakan dalam pelatihan dan evaluasi performa atlet. Penelitian lanjutan disarankan untuk menguji keefektifan instrumen pada populasi yang lebih luas serta membandingkannya dengan instrumen serupa guna meningkatkan fleksibilitas dan generalisasinya.

Kata Kunci: Tes Pengukuran; Kondisi Fisik; Olahraga Dayung

ABSTRACT

Ely Yuliawan, *Development of Test Instruments to Measure the Physical Condition of Athletes in Rowing Sports in Jambi Province*. Promoter Prof. Dr. Sukendro, M.Kes., AIFO., Co. Promoter Dr. Ugi Nugraha, S.Pd., M.Pd. & Muhammad Haris Effendi Hsb, S.Pd., M.Si., Ph.D.

Accurate and standardized measurements of physical condition are essential to optimize athletes' performance in rowing. However, the limitation of valid and reliable instruments is the main obstacle in meeting these needs. This research aims to develop and validate the design of physical test instruments that are in accordance with the characteristics of rowing sports. The resulting instrument is expected to be able to provide applicable and standardized measurement guidance.

The development of this instrument involves three main stages: analysis, design, and evaluation. The analysis stage includes needs identification, theoretical review, and literature review. The design stage involves the reconstruction of the components of the instrument based on relevant theory and validation by seven experts (four academics and three practitioners). The implementation phase included external validation, testing on 48 rowing athletes in Jambi Province, and follow-up trials on 12 athletes using the Wilcoxon test to compare results before and after development.

The results of the study show that the developed instrument has high validity and reliability. Validation with Aiken's V resulted in a value of 0.77 (greater than 0.75), while reliability between assessors using Intraclass Correlation Coefficient (ICC) resulted in a significant value of 0.000. The analysis of the Wilcoxon test on the trial data shows the Asymp value. The Sig is 0.002, which indicates that the measurement results of the new instrument are significantly different from the original instrument. The final instrument consists of nine test items, including the 30 Meter Running Test, Push-Up, Sit-Up, Standing Broad Jump, Beep Test, V Sit and Reach, Medicine Ball Throw, Stork Stand, and Hand Eye Coordination Test.

In conclusion, the developed physical measurement instruments have proven to be valid, reliable, and effective for measuring the physical condition of rowing athletes. This instrument can be used in training and evaluating athletes' performance. Further research is recommended to test the effectiveness of the instrument in a wider population and compare it with similar instruments to improve its flexibility and generalization.

Keywords: Measurement Test; Physical Condition; Rowing Sports