

ABSTRAK

Amin Prasajo. 2026. Pengaruh *Concurrent Training* Terhadap Kemampuan Kesamaptaaan Jasmani Siswa Sma Negeri Pakusari Untuk Seleksi Sekolah Kedinasan Dan Tni Polri. Skripsi, program studi Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Jember. Pembimbing: (1) Dr. Bahtiar Hari Hardovi, M.Pd. (2) Ahmad Sulaiman, M.Pd.

Kata Kunci: *concurrent training*, kesamaptaaan jasmani, kebugaran, siswa SMA, Sekolah kedinasan TNI Polri.

Rendahnya tingkat kemampuan kesamaptaaan jasmani siswa SMA Negeri Pakusari menjadi kendala dalam memenuhi standar nilai seleksi sekolah kedinasan dan TNI Polri yang menuntut kondisi fisik yang optimal. Oleh karena itu diperlukan metode latihan yang efektif dan terstruktur saloah satunya yaitu *concurrent training* yang mengintegrasikan latihan kekuatan dan daya tahan dalam satu program. Tujuan penelitian adalah menganalisis pengaruh *concurrent training* terhadap peningkatan kemampuan kesamaptaaan jasmani siswa. Metode yang digunakan yaitu *one group pre-test post-test* dengan total sampel 16 siswa dengan teknik nsampling jenuh. Program dilaksanakan selama 8 minggu 16 pertemuan. Instrumen meliputi kesamaptaaan jasmani A dan B, sedangkan teknik analisis data menggunakan uji *paired sample T-test*. Hasil menunjukkan adanya peningkatan yang signifikan pada seluruh komponen kesamaptaaan jasmani baik A dan B dengan nilai signifikansi $p < 0.05$. temuan ini mengindikasikan bahwa metode *concurrent training* efektif dalam meningkatkan kebugaran siswa, khususnya pada aspek daya tahan kardiorespirasi dan kekuatan otot. Dengan demikian metode *concurrent training* direkomendasikan sebagai metode latihan yang efektif meningkatkan kemampuan kesamaptaaan jasmani dalam mempersiapkan siswa SMA menghadapi seleksi sekolah kedinasan dan TNI Polisi.

ABSTRACT

Amin Prasojo. 2026. *The Effect of Concurrent Training on the Physical Fitness of Students at Pakusari State High School for Selection into Civil Service Schools and the Tentara Nasional Indonesia (TNI) and Kepolisian Negara Republik Indonesia (Polri)*. Thesis, Physical Education Program, Faculty of Teacher Training and Education, Muhammadiyah University of Jember. Advisors: (1) Dr. Bahtiar Hari Hardovi, M.Pd. (2) Ahmad Sulaiman, M.Pd.

Keywords: concurrent training, physical fitness, high school students, military and police academies.

The low level of physical fitness among students at Pakusari State High School poses a challenge in meeting the selection criteria for civil service schools and the Tentara Nasional Indonesia (TNI) and Kepolisian Negara Republik Indonesia (Polri), which require optimal physical condition. Therefore, an effective and structured training method is needed; one such method is concurrent training, which integrates strength and endurance training into a single program. The purpose of this study is to analyze the effect of concurrent training on improving students' physical fitness. The method used was a one-group pre-test post-test design with a total sample of 16 students selected using saturated sampling. The program was conducted over 8 weeks, comprising 16 sessions. The instruments included Physical Fitness Tests A and B, while data analysis utilized the paired-sample t-test. The results showed a significant improvement in all components of physical fitness, both A and B, with a significance level of $p < 0.05$. These findings indicate that the concurrent training method is effective in improving students' fitness, particularly in the aspects of cardiorespiratory endurance and muscle strength. Thus, the concurrent training method is recommended as an effective training method for improving physical fitness in preparing high school students to face selection for civil service schools and the Tentara Nasional Indonesia (TNI) and Kepolisian Negara Republik Indonesia (Polri).