

ABSTRAK

Arif Yusuf Kurniawan. 2026. Pengaruh *Latihan Kickboard drill dan Single arm drill* Berbasis *Fun swim* Terhadap Kecepatan Renang Gaya Bebas 25 Meter Siswa Putra Bi Aquatics *Swim School*. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing: (I) Titin Kuntum Mandalawati, S.Pd., M.Or., Pembimbing (II) Andri Wahyu Utomo, S.Pd., M.Or.

Tujuan utama penelitian ini adalah untuk mengetahui pengaruh latihan *kickboard drill* berbasis *fun swim* dan *single arm drill* berbasis *fun swim* terhadap kecepatan renang gaya bebas 25 meter siswa putra Bi Aquatics *Swim School*, serta membandingkan efektivitas di antara kedua metode tersebut. Penelitian ini merupakan penelitian kuantitatif dengan metode eksperimen semu (*quasi-experiment*). Populasi penelitian berjumlah 50 siswa, dengan sampel sebanyak 30 siswa putra yang diambil menggunakan teknik *purposive sampling*. Sampel dibagi menjadi dua kelompok perlakuan (masing-masing 15 siswa) menggunakan *matching design* pola ABBA. Perlakuan diberikan selama 6 minggu dengan frekuensi 3 kali latihan per minggu. Instrumen yang digunakan adalah tes kecepatan renang gaya bebas 25 meter dengan alat ukur stopwatch. Analisis data dilakukan menggunakan uji *paired sample t-test* dan uji *Independent Sample t-Test*. Hasil analisis data menunjukkan: (1) Terdapat pengaruh yang signifikan dari latihan *kickboard drill* berbasis *fun swim* dengan nilai *Sig* . 0,000 < 0,05 dan penurunan rata-rata waktu dari 28,75 detik menjadi 27,25 detik. (2) Terdapat pengaruh yang signifikan dari latihan *single arm drill* berbasis *fun swim* dengan nilai *Sig* . 0,000 < 0,05 dan penurunan rata-rata waktu dari 28,94 detik menjadi 28,02 detik. (3) Tidak terdapat perbedaan pengaruh yang signifikan antara kedua metode latihan tersebut, sebagaimana dibuktikan oleh hasil uji *Independent Sample t-Test* dengan nilai *Sig* . 0,586 > 0,05. Meskipun secara deskriptif kelompok *kickboard drill* menunjukkan peningkatan rata-rata yang sedikit lebih tinggi (1,50 detik) dibandingkan kelompok *single arm drill* (0,92 detik), kedua metode memiliki tingkat efektivitas yang hampir setara dalam meningkatkan kecepatan renang gaya bebas 25 meter Siswa Bi Aquatics *Swim School*.

Kata Kunci: *Kickboard drill, Single arm drill, Fun swim, Kecepatan Renang, Gaya Bebas.*

ABSTRACT

Arif Yusuf Kurniawan. 2026. *The Effect of Fun swim-Based Kickboard Drills and Single-Arm Drills on 25-Meter Freestyle Swimming Speed Among Male Students at BI Aquatics Swim School. Undergraduate Thesis. Sports Science Study Program, Faculty of Health and Science, Universitas PGRI Madiun.* Supervisor; (I) Titin Kuntum Mandalawati, S.Pd., M.Or., (II) Andri Wahyu Utomo, S.Pd., M.Or.

The primary objective of this study was to determine the effects of "fun swim"-based kickboard drills and "fun swim"-based single-arm drills on the 25-meter freestyle swimming speed of male students at Bi Aquatics Swim School, and to compare the effectiveness of these two methods. This study employed a quantitative approach using a quasi-experimental design. The study population consisted of 50 students, with a sample of 30 male students selected via purposive sampling. The sample was divided into two treatment groups (15 students each) using an ABBA matching design. The intervention lasted six weeks, with a frequency of three training sessions per week. A 25-meter freestyle swim speed test, timed with a stopwatch, served as the measurement instrument. Data analysis was conducted using paired-sample t-tests and independent-sample t-tests. The results indicated the following: (1) "Fun swim"-based kickboard drills had a significant effect ($\text{Sig. } 0.000 < 0.05$), with the average time decreasing from 28.75 seconds to 27.25 seconds. (2) "Fun swim"-based single-arm drills also had a significant effect ($\text{Sig. } 0.000 < 0.05$), with the average time decreasing from 28.94 seconds to 28.02 seconds. (3) There was no significant difference in the effects between the two training methods, as evidenced by the independent-sample t-test result ($\text{Sig. } 0.586 > 0.05$). Although the kickboard drill group showed a slightly higher average improvement (1.50 seconds) compared to the single-arm drill group (0.92 seconds), both methods demonstrated comparable effectiveness in improving the 25-meter freestyle swimming speed of the Bi Aquatics Swim School students.

Keywords: *Kickboard drill, single-arm drill, fun swim, swimming speed, freestyle.*