ABSTRAK

PENGARUH KOPI LUWAK ROBUSTA TERHADAP DAYA TAHAN OTOT TUNGKAI PADA ANGGOTA KLUB RENANG PUTRA

Anisa Widawati, 2017

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Renang adalah salah satu cabang olahraga yang sering diperlombakan dan secara konsisten mencetak atlet-otlet yang berprestasi. Seorang perenang harus memiliki daya tahan otot-otot yang baik termasuk daya tahan otot tungkai. Seorang perenang membutuhkan minuman yang tepat untuk meningkatkan daya tahan otot tungkai salah satunya adalah kopi luwak robusta karena mengandung kafein. Tujuan penelitian ini adalah untuk membuktikan kopi luwak robusta dapat meningkatkan daya tahan otot tungkai. Metode penelitian adalah penelitian analitik dengan desain eksperimental semu terhadap 30 anggota klub putra berusia 19-25 tahun. Subjek penelitian diminta untuk mengonsumsi 240 ml air mineral yang dicampur perisa kopi (kontrol) dan 240 ml air mineral yang dicampur kopi luwak robusta dengan dosis kafein 100 mg (perlakuan). Data yang diukur adalah jumlah repetisi half squat test sampai timbul kelelahan atau subjek tidak dapat mempertahankan teknik yang tepat dalam waktu dua kali pengulangan. Analisis data menggunakan uji T tidak berpasangan dengan \( \alpha = 0.05 \). Hasil penelitian menunjukkan rerata repetisi nilai kelompok kontrol adalah 60,73 ± 18,328 berbeda sangat bermakna dibandingkan dengan kelompok perlakuan adalah 87,80 ± 24,687 dengan \( p = 0.001 \). Simpulan penelitian adalah kopi luwak robusta meningkatkan daya tahan otot tungkai.

Kata kunci: Kopi luwak robusta, Daya tahan otot, Renang, Kafein.
ABSTRACT

EFFECT OF ROBUSTA CIVET COFFEE ON LEG MUSCLE ENDURANCE IN MALE SWIMMERS

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Swimming is one of the most frequently competed sports and consistently brings up performance athletes. A swimmer must have great muscle endurance particularly leg muscle endurance. A swimmer needs the appropriate drink to increase leg muscle endurance such as robusta civet coffee due to its caffeine. The aim of this study was to prove the effect of robusta civet coffee on improving leg muscle endurance. The design of this study was analytic experimental with quasi experimental, conducted to 30 male swimmers aged between 18 to 25 years. All the participants were asked to consume 240 ml of mineral water mixed with coffee essence (control) and 240 ml mineral water mixed with robusta civet coffee (treatment), the data that measured was the repetition of half squat test until muscle fatigue occurred or subjects were not able to maintain the proper technique within two repetitions on half squat test. The data was analyzed by independent T test with $\alpha = 0.05$. The Results mean repetition for treatment group is 60.73 ± 18.328 and for control group is 87.80 ± 24.687 with highly significant difference $p= 0.001$. The conclusions is robusta civet coffee improves leg muscle endurance.

Keywords: Robusta civet coffee, muscle endurance, swimming, caffeine.
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