The Role of Rubber Resistant against Swimming Breaststroke 25 Meters

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Abstract: In this study, the authors found a deep problem. The problem taken is the role of a media to help the learning. The tool used by the writer for the research is rubber, its function is to produce the speed of swimming in chest pool. The problem formulation in this research is, (1) does the rubber give effect to 25 meter breaststroke? (2) is this tool significant to the 25-meter breaststroke? This study authors conducted research, with the number of samples of 50 people, purposive sampling technique. Based on the results of processing and data analysis, it can be concluded with a large influence of the use of rubber media to the speed of force pool 25 heartburn 16 seconds, and the influence without using media to the speed of the force pool 25 heartburn 17 seconds. The main objective of this study was to obtain facts about: (1) The effectiveness of exercise with the use of rubber media for swimming speeds for novice students; (2) The effectiveness of exercises without using rubber media in speed for beginners; (3) The difference between two exercises is between exercise with rubber medium and without medium in swim rate for novice students.

1 INTRODUCTION

According to one study, swimming is one of the best sports because swimming involves all members of the body or in other words the whole body is actively moving. But obstacles, this sport needs special skills so not everyone can do it. In breaststroke, the swimming technique is particularly important since the motion is complicated and the heaving and pitching motions of the body are large (Nakashima, 2012). But in my opinion, as long as there is intent, swimming can be learned. Additional insights suggest aspects of embodied health that are enhanced by outdoor swimming, especially in relation to bodies perceived to be inactive due to age, illness or disability (Balan, 2015). Swimming for recreational purposes and competition done by people in the pool. Humans also swim in rivers, in lakes, and in the sea as a form of recreation. Swimming facilities the voices and experiences of regular swimmers should be considered (Ward, 2017). Swimming sports make the body healthy because almost all the muscles of the body are used while swimming. Swimming sports make the body healthy because almost all the muscles of the body are used while swimming.

Swimming activity four times heavier than rest time. This is because in the movement in the water the whole body will move and the body indirectly overcome the greater water pressure. Like the muscles, lungs, heart, and all the organs in our body work more extra. Swimming is a popular recreational activity, gaining recognition as an effective option in maintaining and improving cardiovascular fitness (Lazar, 2013). In addition, the cold stimuli that we feel from the water have good effects for our bodies and will cause fresh feelings.

As has been discussed earlier, that since long ago people have known swimming and use water as one of the tools of healing therapeutics. It can be said that swimming can calm people with mental illness and relax all the stiffness in our body relaxation. Swimming provides fun, relaxation, challenge, competition, and the ability to save oneself in an emergency in the water (Thomas, 2000).

Breaststroke techniques like other pool styles consist of several movement, namely: start, body position, arm movement (outside and sweep catch, sweep in and recovery), limb movements, breathing, and coordination between arm movements, limb movements and retrieval movements breat (Thomas, 2000). Swimming can heal people who have asthma,

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because with swimming, respiratory muscles can become strong. The horizontal attitude of swimming, and with the pressure in the water that can reduce the weight of our body so that our body will feel relaxed and this can be used to reduce abnormalities or errors in the body. Nowadays modern therapies for many paralyzed diseases are trained walking in the water. Swimming is the only sport to be recommended in more than 80% of the medical cases and to have a large target audience, accessible to both children and the elderly from a psychological perspective, swimming reduces the mental tensions and anxiety, caused by everyday stress and the competition one, while avoiding hostility and frustration in life, in a beneficial way (Petrescu , 2005; Foley, 2017). Swimming is a sport done in the water, and has four swimming styles. These styles are: free style, breaststroke, backstroke and butterfly style.This author's tool is created to provide the weight of the workout produced by the person's own weight. With the help of rubber resistant movement will be restrained and will feel heavy. This Rubber Resistant is a tool made of rubber which has 4 unified rubber ends, where the upper end is used on both shoulders and the lower end is used for the feet, which serves to train limb power. Twenty-four recreational and twenty-four competitive swimmers swam 25 m at 80% of their maximal speed (Seifert, 2011). With reference to the background mentioned above then the formulation of the problem in this study are as follows:

1. Does the rubber resistant give effect to 25 meter breaststroke?
2. Is the rubber resistant significant against 25 meter breaststroke?

2 METHODS

In this study the authors used the experimental method, that is by applying two forms of exercise to train the pace of the first new student following the breaststroke exercises. Two forms of exercise are exercises using rubber resistant, and exercises without rubber resistant. With sample number 50. The technique used in sampling is purposive sampling technique. Techniques to determine the sample of research with some specific considerations that aims for data obtained later can be more representative.

Table 1: Static group comparison.

Group	Treatment	Post test
Experiments	X	O_2
Control	-	O_2

3 RESULTS

Table 2: Calculating the standard deviation.

Variabel	X_1	X_2	Pening katan	S_1	S_2
Exercise with Rubber Resistant	27.54	24.54	4.41	4.54	3.80
Exercise without Rubber Resistant	27.08	24.92	5.09	5.15	4.70

From the table 2 can be put forward, the group of exercises using the average rubber resistant averaged the initial test of 27.54, with a final test of 24.54, there was an increase in exercise outcome with an average of 4.41. While the exercise group without using the average rubber-resistant averaged the initial test of 27.08, with a final test of 24.92, an increase in training hash with an average of 5.09.

Table 3: Calculating the normality test with liliefors test of groups A and B.

Group	Lo count	L list (25 : 0.05)	Result
Group A	0.0129	0.173	Normal
Group B	0.0189	0.173	Normal

From the table 3, it can be said that in group A obtained Lo calculate of 0.0129 compared to List L (25: 0.05) of 0.173 means Lo calculate is smaller than L list thus it can be argued that the distribution of group A data is normal.

Then the distribution of group B data obtained Lo calculate of 0.0189 compared with L list (25: 0.05) of 0.173, means it can be argued that the distribution of group B data is normal.

Table 4: Significantly improved test results of exercise group A and group B.

Group	T count	T table (0.05 :48)	conclusion
Exercise with rubber resistant	44.58	2.02	significance
Exercise without rubber resistant	52.42	2.02	significance

In the above 4, the calculation of the increase of group A exercise results obtained t value of 44.58 compared with t table 0.975 = 2.02. it turns out t count> dati t table, it means the exercise with rubber resistant give a significant effect on the movement and speed in the swimsuit sports especially for swimming style of chest at the student of PJKR force 2009 in STKIP Pasundan Cimahi. Furthermore, in group B, obtained t value counted 5242 compared with t table 0.975 = 2.02. it turns out t count> from t table, it means that exercise without using rubber resistant aids give significant influence to movement and speed in swimming sport especially for swimming breaststroke at student of PJKR force 2009 at STKIP Pasundan Cimahi.

Table 5: Result of significance test calculation difference of exercise result of group A and group B.

Group	T count	T table	Result
Exercise with Rubber Resistant	18.54	2.02	Signifikan
Exercise without Rubber Resistant			

In the table 5, the calculation of differences in the results of the exercises of groups A and group B obtained t value of 18.54 compared with t table of 0.975 = 2.02. it turns t count> from t table, it means that exercise without using rubber resistant tool is more significant improvement compared with exercise by using rubber resistant to movement and speed in sport pool especially for swimming breaststroke.

4 DISCUSSION

Swimming is a sport discipline in which the movement is realised in the water with the help of the arms and legs (Balan, 2015). From result of data processing effect of rubber resistant with technique of swimming at breaststroke is known significant result. In this case the presence of media or rubber resistant gives positive support to swimming technique on breaststroke. So can be interpreted that the learners who have less good ability, the easier it is to pool style that technically has a complex level of coordination. Media or rubber resistant is very supportive. Learning media in general is a tool of teaching and learning process. Everything that can be used to stimulate mind, taste, attention and skill. These limits are broad enough and deep understanding of understanding, environment, human and methods are utilized for learning / training purposes. With rubber resistant or media term used also in the field of teaching or education. to channel the message, can stimulate the mind, feelings, and willingness of learners so as to encourage the creation of learning process in the learners themselves the same thing with the theory. The characteristics and capabilities of each media need to be addressed by the teacher so that they can choose which media suit the conditions and needs (Daryanto, 2013).

5 CONCLUSIONS

Based on the discussion that has been put forward on the comparison of the effect of exercise by using rubber resistant and exercises without using rubber resistant to speed swimming breaststroke, the authors formulated the following conclusions, Exercise with high-resistance rubber and positive to increase the swimming ability for beginners. Exercise without rubber resistant significant to the increase of swimming styles for beginners. With reference to the conclusions in this study, the authors suggest to swimming advisors to apply the use of rubber resistant in the training process and learning process. And can innovate and be creative to find useful learning media for the future

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