

ABSTRAK

KONTRIBUSI *POWER* OTOT TUNGKAI, FLEKSIBILITAS, PANJANG TUNGKAI, DAN BERAT BADAN TERHADAP DAYA TAHAN TENDANGAN *DOLLYO CHAGI* ATLET TAEKWONDO JUNIOR PADA CLUB SATYA VICTORY

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Penelitian ini bertujuan untuk mengetahui seberapa besar kontribusi *power* otot tungkai, fleksibilitas, panjang tungkai, dan berat badan terhadap daya tahan tendangan *dollyo chagi* atlet taekwondo junior pada club Satya Victory. Metode penelitian yang digunakan adalah penelitian korelasional dengan pengambilan sampel menggunakan total sampling. Subjek penelitian yang digunakan adalah atlet yang aktif latihan di club Satya Victory, berusia 10-15 tahun dan aktif latihan minimal 1 tahun yaitu berjumlah 40 orang. Instrumen penelitian yang digunakan untuk mendapatkan data *power* otot tungkai menggunakan tes *standing board jump*, fleksibilitas dengan *sit and reach test*, panjang tungkai dengan anthropometer, berat badan menggunakan timbangan dan tendangan *dollyo chagi* menggunakan tes tendangan *dollyo chagi*. Hasil penelitian menunjukkan bahwa 1) kontribusi *power* otot tungkai terhadap daya tahan tendangan *dollyo chagi* atlet taekwondo junior pada club Satya Victory sebesar 25,1 %. 2) kontribusi fleksibilitas terhadap daya tahan tendangan *dollyo chagi* atlet taekwondo junior pada club Satya Victory sebesar 22,9 %. 3) kontribusi panjang tungkai terhadap daya tahan tendangan *dollyo chagi* atlet taekwondo junior pada club Satya Victory sebesar 12,6 %. 4) kontribusi berat badan terhadap daya tahan tendangan *dollyo chagi* atlet taekwondo junior pada club Satya Victory sebesar 9,8%. Secara simultan, keempat variabel memberikan kontribusi sebesar 29,4%, sedangkan sisanya sebesar 70,6% dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini.

Kata kunci: kontribusi, *dollyo chagi*, taekwondo

ABSTRACT

CONTRIBUTION OF LEG MUSCLE POWER, FLEXIBILITY, LEG LENGTH, AND WEIGHT TO THE ENDURANCE OF DOLLYO CHAGI KICKS BY JUNIOR TAEKWONDO ATHLETES AT THE SATYA VICTORY CLUB

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This study aims to determine how much contribution of leg muscle power, flexibility, leg length, and weight to the endurance of dollyo chagi kicks of junior taekwondo athletes at the Satya Victory club. The research method used is correlational research with sampling using total sampling. The research subjects used were athletes who actively train at the Satya Victory club, aged 10-15 years and actively training for at least 1 year, totaling 40 people. The research instrument used to obtain data on leg muscle power used a standing board jump test, flexibility with a sit and reach test, leg length with an anthropometer, body index using a scale and dollyo chagi kicks using a dollyo chagi kick test. The results of the study showed that 1) the contribution of leg muscle power to the endurance of dollyo chagi kicks of junior taekwondo athletes at the Satya Victory club was 25.1%. 2) the contribution of flexibility to the endurance of dollyo chagi kicks of junior taekwondo athletes at the Satya Victory club was 22.9%. 3) The contribution of leg length to the endurance of the dollyo chagi kick of junior taekwondo athletes at the Satya Victory club was 12.6%. 4) The contribution of weight to the endurance of the dollyo chagi kick of junior taekwondo athletes at the Satya Victory club was 9.8%. Simultaneously, the four variables contributed 29.4%, while the remaining 70.6% was influenced by other factors not examined in this study.

Keywords: *contribution, dollyo chagi, taekwondo*