

## **ABSTRAK**

### **KONTRIBUSI *POWER OTOT TUNGKAI, PANJANG TUNGKAI, DAN KELENTUKAN SENDI PANGGUL* TERHADAP KEMAMPUAN TENDANGAN *DOLLYO CHAGI* PADA ATLET TAEKWONDO AL-AZHAR TAEKWONDO INDONESIA ACADEMY(ATIA) LANAL LAMPUNG**

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Tujuan penelitian ini adalah untuk mengetahui besarnya kontribusi *power otot tungkai* terhadap kemampuan tendangan *dollyo chagi*, mengetahui besarnya kontribusi panjang tungkai terhadap kemampuan tendangan *dollyo chagi* dan mengetahui besarnya kontribusi kelentukan sendi panggul terhadap kemampuan tendangan *dollyo chagi* pada atlet taekwondo Al-Azhar Taekwondo Indonesia Academy (ATIA) Lanal Lampung. Metode yang digunakan adalah *deskriptif korelasional*. Sampel yang digunakan sebanyak 45 siswa. Analisis data menggunakan korelasi *product moment*. Hasil penelitian menunjukkan. 1) *Power Otot Tungkai* memberikan kontribusi terhadap kemampuan tendangan *dollyo chagi* sebesar 58,36%. 2) Panjang Tungkai memberikan kontribusi terhadap kemampuan tendangan *dollyo chagi* sebesar 12,25%. 3) Kelentukan Sendi Panggul memberikan kontribusi terhadap tendangan *dollyo chagi* sebesar 28,09%. 4) *Power Otot Tungkai, Panjang Tungkai, dan Kelentukan Sendi Panggul* memberikan kontribusi terhadap kemampuan tendangan *dollyo chagi* sebesar 67,4%. Dari hasil penelitian ini dapat disimpulkan bahwa *power otot tungkai* memberikan kontribusi terhadap kemampuan tendangan *dollyo chagi*, dan yang memberikan kontribusi paling besar terhadap kemampuan tendangan *dollyo chagi* adalah *power otot tungkai* sebesar 58,36%.

**Kata Kunci:** *dollyo chagi*, kelentukan sendi panggul, panjang tungkai, *power otot tungkai*.

## **ABSTRACT**

**CONTRIBUTION OF LEG MUSCLES POWER, LIMB LENGTH,  
AND HIP JOINT FLEXIBILITY FOR THE ABILITY OF  
DOLLYO CHAGI KICK ON TAEKWONDO ATHLETES  
AL-AZHAR TAEKWONDO INDONESIA ACADEMY (ATIA)  
LANAL LAMPUNG**

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*The purpose of study was to determine the contribution of leg muscle power for the capability of dollyo chagi kick, to know the contribution of limb length for the capability of dollyo chagi kick and to determine the contribution of hip joint flexibility for the capability of dollyo chagi kick in Al-Azhar Taekwondo Indonesia Academy (ATIA) taekwondo athlete, Lanal Lampung. The method was descriptive correlational then the sample was 45 students. Meanwhile, data analysis used product moment correlation. The research results show. 1) Leg muscle power contributed 58,36% for dollyo chagi kick. 2) The limb length contributed 12,25% for the dollyo chagi kick. 3) Hip joint flexibility contributed 28,09% for the dollyo chagi kick. 4) Leg muscle power, limb length, and hip joint flexibility contributed 67,4% for the dollyo chagi kick. From the results of this study, it can be concluded that leg muscle power contributed for the capability of dollyo chagi kick, and the one that gives the greatest contribution to dollyo chagi kick was leg muscle power contributed 58,36%.*

**Keywords:** dollyo chagi, hip joint flexibility, limb length, leg muscle power.