

ABSTRAK

HUBUNGAN KORDINASI MATA TANGAN DAN KEPERCAYAAN DIRI TERHADAP HASIL TEMBAKAN *THREE POINT* DALAM PERMAINAN BOLA BASKET PADA SISWA PUTRA EKSTRAKURIKULER BOLA BASKET SMAN 1 TUMIJAJAR KABUPATEN TULANG BAWANG BARAT

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Tujuan dari penelitian ini untuk mengetahui hubungan kordinasi mata tangan dan kepercayaan diri terhadap hasil tembakan *three point* pada siswa putra ekstrakurikuler bola basket SMAN 1 Tumijajar Kabupaten Tulang Bawang Barat.

Metode penelitian yang digunakan yaitu metode *deskripsi korelasional* yang dilakukan oleh atlet putra basket sma tumijajar dengan sampel yang digunakan sebanyak 30 orang siswa . Analisis data menggunakan uji prasyarat dan uji r. instrument yang digunakan adalah lempar tangkap bola tenis kedinding untuk kordinasi mata tangan, angket pertanyaan untuk kepercayaan diri dan *three point shoot* untuk tembakan *three point*.

Hasil penelitian dan analisis data menunjukkan bahwa : (1) Ada hubungan antara kordinasi mata tangan terhadap hasil tembakan *three point* pada siswa putra SMA Negeri 1 Tumijajar Tulang Bawang Barat, dengan nilai $r_{X1Y} = 0,450 > r$ tabel 0,361. (2) Tidak ada hubungan anantara kepercayaan diri terhadap hasil tembakan *three point* pada siswa putra SMA Negeri 1 Tumijajar Tulang Bawang Barat, dengan nilai $r_{X2Y} = 0,324 < r$ tabel 0,361. (3) Ada hubungan antara kordinasi mata tangan dan kepercayaan diri terhdap hasil tembakan *three point* pada siswa putra SMA Negeri 1 Tumijajar Tulang Bawang Barat, dengan nilai $r_{x1x2y} = 0,523 > r$ tabel 0,361.

Kata Kunci : kordinasi mata tangan, kepercayaan diri , *three point*

ABSTRACT

EYE COORDINATION RELATIONSHIP AND TRUSTSELF ON THE RESULTS OF THREE POINT SHOT IN BASKETBALL GAME ON EXTRACURRICULAR BOARD STUDENTS BASKETBALL 1 TUMIJAJAR DISTRICT TULANG BAWANG BARAT

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The purpose of this study was to determine the relationship between eye-hand coordination and self-confidence on the results of three-point shots in basketball extracurricular male students at SMAN 1 Tumijajar, Tulang Bawang Barat Regency.

The research method used is the correlational description method carried out by the male basketball athlete of Tumijajar High School with a sample of 30 students. Data analysis used prerequisite test and r test. The instruments used are throwing and catching tennis balls against the wall for eye-hand coordination, a question questionnaire for self-confidence and a three-point shoot for three-point shots.

The results of the study and data analysis showed that: (1) There was a relationship between eye-hand coordination and the results of three-point shots in male students of SMA Negeri 1 Tumijajar Tulang Bawang Barat, with a value of $r_{X1Y} = 0.450 > r_{table} 0.361$. (2) There is no relationship between self-confidence and the results of three-point shots in male students of SMA Negeri 1 Tumijajar Tulang Bawang Barat, with a value of $r_{X2Y} = 0.324 < r_{table} 0.361$. (3) There is a relationship between eye-hand coordination and confidence in the results of three-point shots on male students of SMA Negeri 1 Tumijajar Tulang Bawang Barat, with a value of $r_{x1x2y} = 0.523 > r_{table} 0.361$.

Keywords : hand eye coordination, confidence, three points