

ABSTRAK

HUBUNGAN DAYA LEDAK OTOT TUNGKAI DAN KELENTUKAN TERHADAP KEMAMPUAN TENDANGAN *DOLLYO CHAGI* PADA ATLET TAEKWONDO UTI PRO SE-PROVINSI LAMPUNG

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Tujuan dalam penelitian ini adalah untuk mengetahui: (1) Untuk mengetahui hubungan power tungkai terhadap kemampuan *dollyo chagi* para atlet taekwondo UTI Pro Se-Provinsi Lampung; (2) Untuk mengetahui hubungan kelentukan terhadap kemampuan *dollyo chagi* para atlet taekwondo UTI Pro Se-Provinsi Lampung; (3) Untuk mengetahui seberapa besar hubungan power tungkai dan kelentukan terhadap kemampuan *dollyo chagi* atlet taekwondo UTI Pro Se-Provinsi Lampung. Penelitian ini dilakukan dengan menggunakan metode *deskriptif korelasional*.

Sampel yang digunakan sebanyak 35 atlet. Dengan pengambilan data *vertical jump* untuk daya ledak otot tungkai, *sit and reach* untuk kelentukan, dan menendang target 10 detik untuk tes kemampuan tendangan *dollyo chagi*. Teknik analisis data dengan menggunakan korelasi *product moment*. Hasil penelitian menunjukkan (1) ada hubungan daya ledak otot tungkai terhadap kemampuan tendangan *dollyo chagi* sebesar 35,16% (2) Ada hubungan kelentukan terhadap kemampuan tendangan *dollyo chagi* sebesar 27,14 % (3) Adanya hubungan daya ledak otot tungkai, dan kelentukan terhadap tendangan *dollyo chagi* dibuktikan dengan nilai F hitung > F tabel (28,206 > 3,28), dengan persentase sebesar 49,1%.

Kata Kunci : Daya ledak otot tungkai, *dollyo chagi*, kelentukan.

ABSTRACT

THE CORRELATION BETWEEN LEG POWER AND FLEXIBILITY TO DOLLYO CHAGI KICK AT TAEKWONDO ATHLETES UTI PRO IN LAMPUNG PROVINCE

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The aims of this study were to determine: (1) To determine the relationship between leg power and dollyo chagi ability of taekwondo athletes at UTI Pro in Lampung Province; (2) To determine the relationship between flexibility and dollyo chagi ability of taekwondo athletes at UTI Pro in Lampung Province; (3) To find out how big is the relationship between leg power and flexibility on the ability of dollyo chagi taekwondo athletes at UTI Pro in Lampung Province. This research was conducted using descriptive correlational method.

The sample used was 35 athletes. By taking vertical jump data for leg muscle explosive power, sit and reach for flexibility, and kicking the target for 10 seconds to test dollyo chagi kick ability. Data analysis technique using product moment correlation. The results showed (1) there was a relationship between leg muscle explosive power and dollyo chagi kicking ability of 35.16% (2) there was a relationship between flexibility and dollyo chagi kicking ability of 27.14% (3) there was a relationship between leg muscle explosive power and flexibility against dollyo chagi kick as evidenced by calculated F value $>$ F table ($28.206 > 3.28$), with a percentage of 49.1%.

Keywords: *explosive power of leg muscles, dollyo chagi, flexibility.*