ABSTRAK

KONTRIBUSI *POWER* OTOT TUNGKAI, *POWER* OTOT LENGAN, DAN KELENTUKAN PINGGANG TERHADAP HASIL KECEPATAN DAN KETEPATAN *JUMP SERVICE* PERMAINAN BOLA VOLI PADA KLUB BOLA VOLI PUTRA VOLGA 37 PEKALONGAN LAMPUNG TIMUR

Oleh

DANANG PROBO KESUMO

Penelitian ini bertujuan untuk mengetahui adakah kontribusi antara *power* otot tungkai, *power* otot lengan, dan kelentukan pinggang terhadap hasil kecepatan dan ketepatan *jump service* permainan bola voli pada klub bola voli Volga 37 Pekalongan. Metode yang digunakan dalam penelitian ini adalah metode Deskriptif Kuantitatif. Sampel yang digunakan sebanyak 20 orang. Teknik pengambilan data tes *power* otot tungkai yaitu menggunakan *digital vertical jump test*, *power* otot lengan dengan menggunakan *Two Hand Medicine Ball Put,* kelentukan pinggang dengan menggunakan *instrumen Sit and Reach*, pengukuran kecepatan *jump service* menggunakan aplikasi *kinovea* dan tes ketepatan *jump service* bola voli menggunakan petak nomor skor. Teknik analisis data yang digunakan pada penelitian ini yaitu, statistika melalui korelasi aplikasi SPSS 23. Hasil penelitian menunjukan (1) *Power* otot tungkai memberikan kontribusi signifikan (30,80%) terhadap kecepatan *jump service*. (2) *Power* otot tungkai berkontribusi signifikan (28,40%) terhadap ketepatan *jump service*. (3) *Power* otot lengan memiliki kontribusi signifikan (35,52%) terhadap kecepatan *jump service*. (4)*Power* otot lengan berkontribusi signifikan (28,72%) terhadap ketepatan *jump service*.(5) Kelentukan pinggang menunjukkan kontribusi signifikan (35,16%) terhadap kecepatan *jump service*.(6) Kelentukan pinggang berkontribusi signifikan (24,80%) terhadap ketepatan *jump service*.(7) *Power* otot tungkai, *power* otot lengan, dan kelentukan pinggang memberikan kontribusi yang kuat (61,15%) terhadap kecepatan *jump service*.(8) *Power* otot tungkai, *power* otot lengan, dan kelentukan pinggang memberikan kontribusi yang kuat (49,98%) terhadap ketepatan jump *service*. (9) *power* otot tungkai, *power* otot lengan, dan kelentukan pinggang menunjukkan kontribusi yang kuat (50,83%) terhadap kecepatan dan ketepatan *jump service* dalam bola voli.

Katakunci : kontribusi, *power* otot tungkai, *power* otot lengan, kelentukan pinggang, kecepatan, ketepatan, *jump service*

ABSTRACT

CONTRIBUTION OF LEMB MUSCLE POWER, ARM MUSCLE POWER, AND WAIST FITNESS TO THE RESULTS OF SPEED AND ACCURACY OF JUMP SERVICE VOLLEYBALL GAMES AT THE SON VOLGA 37 PEKALONGAN LAMPUNG TIMUR VOLLEYBALL CLUB

By

DANANG PROBO KESUMO

This study aims to determine whether there is a contribution between leg muscle power, arm muscle power, and waist flexibility to the speed and accuracy of jump service results in volleyball games at the Volga 37 Pekalongan volleyball club. The method used in this research is the Quantitative Descriptive method. The sample used was 20 people. Data collection techniques for leg muscle power tests are using the digital vertical jump test, arm muscle power using the Two Hand Medicine Ball Put, waist flexibility using the Sit and Reach instrument, measuring jump service speed using the kinovea application and volleyball jump service accuracy testing using plots. score number. The data analysis technique used in this research is statistics through the SPSS 23 application correlation. The research results show (1) Leg muscle power makes a significant contribution (30,80%) to jump service speed. (2) Leg muscle power contributes significantly (28,40%) to the accuracy of the jump service. (3) Arm muscle power has a significant contribution (35,52%) to jump service speed. (4) Arm muscle power contributes significantly (28,72%) to jump service accuracy. (5) Waist flexibility shows a significant contribution (35,16%) to jump service speed. (6) Waist flexibility contributes significantly (24,80%) to jump service accuracy. (7) Leg muscle power, arm muscle power, and waist flexibility make a strong contribution (61,15%) to jump service speed. (8) Leg muscle power, arm muscle power, and waist flexibility make a strong contribution (49,98%) to jump service accuracy. (9) leg muscle power, arm muscle power, and waist flexibility show a strong contribution (50,83%) to the speed and accuracy of the jump service in volleyball.

***Keywords**: contribution, leg muscle power, arm muscle power, waist flexibility, speed, accuracy, jump service*