

ABSTRAK

HUBUNGAN KECEPATAN REAKSI DAN KESEIMBANGAN TERHADAP HASIL TENDANGAN *MAWASHI GERI* ATLET KARATE TRAINING CENTRE LEMKARI LAMPUNG

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Tujuan dalam penelitian ini adalah untuk mengetahui hubungan kecepatan reaksi dan keseimbangan terhadap hasil tendangan *mawashi geri* atlet karate training centre Lemkari Lampung. Metode yang digunakan pada penelitian ini adalah deskriptif korelasional. Sampel yang digunakan sebanyak 15 atlet dengan menggunakan teknik pengambilan sampel yaitu *total sampling*. Untuk teknik pengambilan data tes kecepatan reaksi dengan menggunakan alat *whole body reaction*, sedangkan pengambilan data tes keseimbangan menggunakan tes modifikasi *bass test* dan mengambil data hasil tendangan *mawashi geri* menggunakan test kecepatan tendangan *mawashi geri* dengan *stopwatch*. Teknik analisis data dengan menggunakan rumus korelasi ganda kemudian diuji dengan teknik analisis korelasi *product moment* dan diuji signifikan. Hasil penelitian ini menunjukkan bahwa : (1) ada hubungan yang signifikan antara kecepatan reaksi terhadap hasil tendangan *mawashi geri* pada atlet karate training centre Lemkari Lampung dengan nilai $r_{x_1y} = 0,966 > r(0,05)(15) = 0,514$ (2) ada hubungan yang signifikan keseimbangan terhadap hasil tendangan *mawashi geri* atlet karate dojo training centre Lemkari Lampung dengan nilai $r_{x_2y} = 0,867 > r(0,05)(15) = 0,514$ (3) ada hubungan yang signifikan antara kecepatan reaksi dan keseimbangan terhadap hasil tendangan *mawashi geri* atlet karate training centre Lemkari Lampung dengan nilai $r_{x_1x_2y} = 0,967 > r(0,05)(15) = 0,514$. Dengan demikian dapat disimpulkan bahwa ada hubungan yang signifikan antara kecepatan reaksi terhadap hasil tendangan *mawashi geri* atlet karate training centre Lemkari lampung.

Kata kunci : kecepatan reaksi, keseimbangan, tendangan *mawashi geri*.

ABSTRACT

THE RELATIONSHIP BETWEEN REACTION SPEED AND BALANCE ON THE RESULT OF MAWASHI GERI'S KICKS FOR KARATE TRAINING CENTRE ATHLETES LEMKARI LAMPUNG

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The purpose of this study was to determine the relationship between reaction speed. and balance on the results of the mawashi geri kick of the training centre karate athlete Lemkari Lampung. The method used in this research is descriptive correlational. The sample used as many as 15 athletes using a sampling technique that is total sampling. For the technique of taking reaction speed test data using a whole body reaction tool, while taking balance test data using a modified bass test and taking data from the mawashi geri kick using a mawashi geri kick speed test with a stopwatch. The data analysis technique using the multiple correlation formula was then tested with the product moment correlation analysis technique and tested for significance. The results of this study indicate that: (1) there is a significant relationship between reaction speed to the results of the mawashi geri kick in the training centre karate athlete in Lemkari Lampung with a value of $r_{x1y} = 0.966 > r(0.05)(15) = 0.514$ (2) there is a relationship a significant balance on the results of the kick Mawashi geri karate athletes training centre Lemkari Lampung with a value of $r_{x2y} = 0.867 > r(0.05)(15) = 0.514$ (3) there is a significant relationship between reaction speed and balance on the results of the kicks mawashi geri karate athletes training centre Lemkari Lampung with $r_{x1x2y} = 0.967 > r(0.05)(15) = 0.514$. Thus, it can be concluded that there is a significant relationship between reaction speed and the results of the Mawashi geri kick of the Karate Training Centre athlete in Lemkari Lampung.

Keyword: reaction speed, balance, kicks mawashi geri