

ABSTRAK

HUBUNGAN POWER OTOT TUNGKAI DAN KESEIMBANGAN TERHADAP KECEPATAN TENDANGAN *AP CHAGI* PADA ATLET TAEKWONDO STAR TEAM LAMPUNG

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Penelitian ini bertujuan untuk mengetahui hubungan antara power otot tungkai dan keseimbangan terhadap kecepatan tendangan *Ap Chagi* pada atlet Taekwondo *Club Star Team* Lampung. Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional, sampel berjumlah 30 atlet. Power otot tungkai diukur dengan tes *vertical jump*, keseimbangan menggunakan *standing stork test*, dan kecepatan tendangan *Ap Chagi* diukur melalui banyaknya tendangan dalam waktu 10 detik. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara power otot tungkai dengan kecepatan tendangan *Ap Chagi* ($r_{\text{hitung}} = 0,611 > r_{\text{tabel}} = 0,374$), dan keseimbangan dengan kecepatan tendangan *Ap Chagi* ($r_{\text{hitung}} = 0,676 > r_{\text{tabel}} = 0,374$). Secara simultan, power otot tungkai dan keseimbangan memiliki hubungan signifikan terhadap kecepatan tendangan *Ap Chagi* ($r_{\text{hitung}} = 0,683 > r_{\text{tabel}} = 0,374$) dengan kontribusi sebesar 46,65%. Hasil ini menunjukkan bahwa power otot tungkai dan keseimbangan sangat berperan dalam meningkatkan performa tendangan *Ap Chagi*. Penelitian ini diharapkan dapat menjadi acuan dalam penyusunan program latihan yang berfokus pada peningkatan aspek fisik atlet.

Kata kunci: power otot tungkai, keseimbangan, kecepatan tendangan *ap chagi*, taekwondo.

ABSTRACT

THE CORRELATION BETWEEN LOWER LIMB POWER AND BALANCE WITH THE SPEED OF *AP CHAGI* KICK IN TAEKWONDO ATHLETES OF STAR TEAM LAMPUNG

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This study aims to determine the relationship between leg muscle power and balance on the speed of the Ap Chagi kick in athletes of the Taekwondo Club Star Team Lampung. This research employs a quantitative method with a correlational approach, involving a sample of 30 athletes. Leg muscle power was measured using the vertical jump test, balance was assessed using the standing stork test, and the speed of the Ap Chagi kick was measured by the number of kicks performed in 10 seconds. The results indicate a significant relationship between leg muscle power and the speed of the Ap Chagi kick ($r = 0.611 > r_{\text{table}} = 0.374$) and between balance and the speed of the Ap Chagi kick ($r = 0.676 > r_{\text{table}} = 0.374$). Simultaneously, leg muscle power and balance have a significant relationship with the speed of the Ap Chagi kick ($r = 0.683 > r_{\text{table}} = 0.374$) with a contribution of 46.65%. These findings suggest that leg muscle power and balance play a crucial role in enhancing the performance of the Ap Chagi kick. This research is expected to serve as a reference in designing training programs focused on improving the physical aspects of athletes.

Keywords: leg muscle power, balance, *ap chagi* kick speed, taekwondo.