

ABSTRAK

HUBUNGAN KEKUATAN OTOT TUNGKAI DAN OTOT PERUT TERHADAP AKURASI *SHOOTING* PADA UKM FUTSAL UNILA

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Tujuan penelitian untuk mengetahui ada/tidaknya hubungan antara kekuatan otot tungkai dan kekuatan otot perut terhadap akurasi *shooting*. Penelitian ini menggunakan pendekatan yang bersifat korelatif kuantitatif, yakni menjelaskan hubungan antara variabel dengan cara menganalisis data numerik (angka) menggunakan metode statistik melalui uji hipotesa. Instrumen tes yaitu tes leg and back dynamometer, tes sit up dan tes gawang bertarget. Data di uji menggunakan uji normalitas dan di uji korelasi. Data di analisis menggunakan aplikasi SPSS 16. Hasil penelitian ini terdapat nilai signifikansi antara kekuatan otot tungkai dan kekuatan otot perut terhadap akurasi *shooting* sebesar 0,000 dengan nilai signifikansi $<0,05$ sehingga terdapat hubungan antara kekuatan otot tungkai dan kekuatan otot perut terhadap akurasi *shooting* dengan nilai pearson correlation kekuatan otot tungkai terhadap akurasi *shooting* sebesar 0,887 dengan persentase 88% dan nilai kekuatan otot perut terhadap akurasi *shooting* sebesar 0,850 dengan persentase 85%, sedangkan hubungan kekuatan otot tungkai dan otot perut terhadap akurasi *shooting* sebesar 1 dengan persentase 100% dan memiliki katagori korelasi sempurna. Dengan kekuatan otot tungkai dan kekuatan otot perut yang baik maka akurasi *shooting* akan semakin baik pula.

Kata kunci: kekuatan otot tungkai, kekuatan otot perut, akurasi shooting

ABSTRACT

RELATIONSHIP BETWEEN LEG MUSCLE AND ABDOMINAL MUSCLE STRENGTH AND SHOOTING ACCURACY IN UNILA FUTSAL UKM

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The purpose of this study was to determine whether or not there was a relationship between leg muscle strength and abdominal muscle strength on shooting accuracy. This study uses a quantitative correlative approach, namely explaining the relationship between variables by analyzing numerical data (numbers) using statistical methods through hypothesis testing. The test instruments were leg and back dynamometer tests, sit-up tests and targeted goal tests. The data was tested using normality tests and correlation tests. The data was analyzed using the SPSS 16 application. The results of this study showed a significance value between leg muscle strength and abdominal muscle strength on shooting accuracy of 0.000 with a significance value <0.05 so that there was a relationship between leg muscle strength and abdominal muscle strength on shooting accuracy with a Pearson correlation value of leg muscle strength on shooting accuracy of 0.887 with a percentage of 88% and abdominal muscle strength on shooting accuracy of 0.850 with a percentage of 85%, while the relationship between leg muscle strength and abdominal muscles on shooting accuracy was 1 with a percentage of 100% and had a perfect correlation category. With good leg muscle strength and abdominal muscle strength, shooting accuracy will be even better.

Keywords: *leg muscle strength, abdominal muscle strength, shooting accuracy*