

ABSTRAK

HUBUNGAN ANTARA KEKUATAN OTOT LENGAN, POWER TUNGKAI, KEKUATAN GENGAMAN TANGAN, DAN FLEKSIBILITAS PINGGANG TERHADAP HASIL BANTINGAN TEKNIK *YELKA* *QOLDAN* PADA ATLET KURASH PROVINSI LAMPUNG

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Penelitian ini bertujuan untuk mengetahui hubungan antara kekuatan otot lengan, power otot tungkai, kekuatan gengaman tangan, dan fleksibilitas pinggang terhadap hasil bantingan teknik *Yelka Qoldan* pada atlet Kurash Provinsi Lampung. Latar belakang penelitian ini adalah masih rendahnya efektivitas teknik bantingan *Yelka Qoldan* yang diduga disebabkan oleh kurangnya komponen kondisi fisik atlet. Penelitian ini menggunakan metode deskriptif korelasional dengan pendekatan kuantitatif. Sampel berjumlah 8 atlet Kurash yang dipilih dengan teknik purposive sampling. Pengumpulan data dilakukan melalui tes kekuatan otot lengan (push and pull hand dynamometer), power otot tungkai (vertical jump), kekuatan gengaman tangan (hand dynamometer), dan fleksibilitas pinggang (sit and reach test). Analisis data menggunakan korelasi product moment. Hasil penelitian menunjukkan adanya hubungan yang signifikan antara kekuatan otot lengan ($r = 0,726$), power otot tungkai ($r = 0,770$), kekuatan gengaman tangan ($r = 0,718$), dan fleksibilitas pinggang ($r = 0,771$) terhadap hasil bantingan teknik *Yelka Qoldan*. Secara simultan, keempat variabel tersebut memiliki hubungan signifikan dengan nilai $r = 0,728$. Dapat disimpulkan bahwa komponen kondisi fisik tersebut berperan penting dalam keberhasilan teknik bantingan *Yelka Qoldan* atlet Kurash.

Kata kunci: kekuatan otot, power tungkai, fleksibilitas, *Yelka Qoldan*, kurash.

ABSTRACT

CORRELATION BETWEEN ARM STRENGTH, LEG POWER, HAND STRENGTH, AND WAIST FLEXIBILITY AND THE EXECUTION OF THE YELKA QOLDAN TECHNIQUE IN KURASH ATHLETES FROM LAMPUNG PROVINCE

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This study aims to determine the relationship between arm muscle strength, leg power, handgrip strength, and waist flexibility with the results of the Yelka Qoldan throwing technique among Kurash athletes in Lampung Province. The background of this research is the low effectiveness of the Yelka Qoldan technique, which is presumed to be caused by insufficient physical condition components. This research used a descriptive correlational method with a quantitative approach. The sample consisted of 8 Kurash athletes selected through purposive sampling. Data were collected using tests of arm muscle strength (push and pull hand dynamometer), leg power (vertical jump), handgrip strength (hand dynamometer), and waist flexibility (sit and reach test). Data analysis employed the product-moment correlation. The results showed significant relationships between arm muscle strength ($r = 0.726$), leg power ($r = 0.770$), handgrip strength ($r = 0.718$), and waist flexibility ($r = 0.771$) with the Yelka Qoldan throwing performance. Simultaneously, the four variables had a significant correlation with $r = 0.728$. It can be concluded that these physical condition components play an essential role in the success of the Yelka Qoldan throwing technique in Kurash athletes.

Keywords: *muscle strength, leg power, flexibility, Yelka Qoldan, kurash.*