

ABSTRAK

HUBUNGAN POWER OTOT LENGAN DAN OTOT TUNGKAI TERHADAP KECEPATAN RENANG GAYA BEBAS 50 METER PADA CLUB RENANG GAS AQUATIC

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Tujuan penelitian adalah untuk mengetahui hubungan antara power otot lengan dan otot tungkai dengan kecepatan renang gaya bebas 50 meter pada club renang GAS aquatic. Metode yang digunakan dalam penelitian ini adalah metode Survei dengan desain Deskriptif Korelasional. Didalam penelitian ini sampel yang digunakan adalah seluruh dari jumlah populasi, yaitu 30 anak. Teknik Pengambilan data tes power otot lengan menggunakan tes *Seated Medicine Ball Throw*, sedangkan pengambilan data tes power otot tungkai menggunakan alat *Digital Vertical Jump* serta pengambilan data tes kecepatan renang gaya bebas 50 meter dilakukan dikolam Tirta Intan Kencana Kotabumi, Lampung Utara menggunakan stopwatch. Hipotesis penelitian (1) Diduga ada hubungan yang signifikan antara power otot lengan terhadap kecepatan renang gaya bebas 50 meter. (2) Diduga ada hubungan yang signifikan antara power otot tungkai terhadap kecepatan renang gaya bebas 50 meter. (3) Diduga ada hubungan yang signifikan antara power otot lengan dan tungkai terhadap kecepatan renang gaya bebas 50 meter. Hasil penelitian menunjukkan (1) Adanya hubungan yang signifikan antara power otot lengan terhadap kecepatan renang gaya bebas 50 meter dengan r hitung sebesar 0.736, (2) Adanya hubungan yang signifikan antara power otot tungkai terhadap kecepatan renang gaya bebas 50 meter dengan r hitung sebesar 0.522, (3) Ada hubungan yang signifikan dari power otot lengan dan otot tungkai terhadap kecepatan renang gaya bebas 50 meter 0.767 dengan R Square 0.588.

Kata Kunci: power otot lengan, power otot tungkai, kecepatan, renang gaya bebas

ABSTRAC

THE RELATIONSHIP BETWEEN ARM AND LEG MUSCLE POWER AND THE SPEED OF 50-METER FREESTYLE SWIMMING AT THE GAS AQUATIC SWIMMING CLUB

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The purpose of this study was to determine the relationship between arm muscle power and leg muscle power with the 50-meter freestyle swimming speed at the GAS aquatic swimming club. The method used in this research is the Survey method with a Descriptive Correlational design. In this study the sample used was the entire population, namely 30 children. The technique for collecting data for the arm muscle power test used the *Seated Medicine Ball Throw* test, while the data for the leg muscle power test used the *Digital Vertical Jump* tool and the data for the 50-meter freestyle swimming speed test was carried out at the Tirta Intan Kencana Kotabumi pool, North Lampung using a stopwatch. Research hypothesis (1) It is suspected that there is a significant relationship between arm muscle power and the 50-meter freestyle swimming speed. (2) It is suspected that there is a significant relationship between leg muscle power and the 50-meter freestyle swimming speed. (3) It is suspected that there is a significant relationship between arm and leg muscle power and the 50-meter freestyle swimming speed. The results of the study showed (1) There was a significant relationship between arm muscle power and 50 meter freestyle swimming speed with a calculated r of 0.736, (2) There was a significant relationship between leg muscle power and 50 meter freestyle swimming speed with a calculated r of 0.522, (3) There was a significant relationship between arm muscle power and leg muscle power and 50 meter freestyle swimming speed of 0.767 with an R Square of 0.588.

Keywords: arm muscle power, leg muscle power, speed, freestyle swimming