

ABSTRAK

HUBUNGAN PANJANG TUNGKAI, POWER TUNGKAI DAN FLEKSIBILITAS TERHADAP JARAK LOMPATAN *TRACK START* PADA OLAHRAGA RENANG DI BABE *SWIMMING SCHOOL*

OLEH

HANNA LUFITA SIHOMBING

Penelitian ini bertujuan untuk mengetahui hubungan antara panjang tungkai, power tungkai dan fleksibilitas terhadap jarak lompatan *track start* pada olahraga renang di Babe Swimming School. Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah seluruh atlet renang di Babe Swimming School yang berjumlah 20 orang. Teknik pengambilan sampel dalam penelitian ini menggunakan total sampling. Metode analisis yang digunakan pada penelitian ini yaitu Uji Normalitas, Korelasi Product Moment dan Korelasi Berganda. Analisis data dalam penelitian ini menggunakan *IBM SPSS Statistics 24*. Hasil penelitian ini menunjukkan bahwa adanya hubungan yang kuat antara Panjang Tungkai (X1) terhadap Jarak Lompatan (Y), adanya hubungan yang kuat antara Power Tungkai (X2) terhadap Jarak Lompatan (Y), adanya hubungan yang sangat lemah antara Fleksibilitas (X3) terhadap Jarak Lompatan (Y), adanya hubungan yang kuat antara Panjang Tungkai (X1), Power Tungkai (X2) dan Fleksibilitas (X3) terhadap Jarak Lompatan (Y) pada olahraga renang di Babe Swimming School.

Kata Kunci: Panjang Tungkai, Power Tungkai, Fleksibilitas, Jarak Lompatan

ABSTRAK

RELATIONSHIP BETWEEN LEG LENGTH, LEG POWER, AND FLEXIBILITY TO THE TRACK START JUMP DISTANCE IN SWIMMING AT BABE SWIMMING SCHOOL

By

HANNA LUFITA SIHOMBING

This study aims to determine the relationship between leg length, leg power, and flexibility on the track start jump distance in swimming at Babe Swimming School. This study uses a quantitative descriptive design with a correlational approach. The population in this study was all 20 swimmers at Babe Swimming School. The sampling technique used in this study was total sampling. The analysis methods used in this study were Normality Test, Product Moment Correlation, and Multiple Correlation. Data analysis in this study used IBM SPSS Statistics 24. The results of this study indicate that there is a strong relationship between Leg Length (X1) and Jump Distance (Y), a strong relationship between Leg Power (X2) and Jump Distance (Y), there is a very weak relationship between Flexibility (X3) and Jump Distance (Y), there is a strong relationship between Leg Length (X1), Leg Power (X2) and Flexibility (X3) and Jump Distance (Y) in swimming at Babe Swimming School.

Key Word: Leg Length, Leg Power, Flexibility, Jump Distance