

ABSTRAK

HUBUNGAN *POWER OTOT* TUNGKAI, KEKUATAN OTOT LENGAN, DAN KELENTURAN PERGELANGAN TANGAN TERHADAP KETEPATAN AKURASI *SMASH* SISWA EKSTRAKURIKULER BOLA VOLI DI SMA NEGERI 15 BANDAR LAMPUNG

Oleh

OKTAVIANI ANANDA PUTRI

Penelitian ini bertujuan menganalisis hubungan *power otot* tungkai, kekuatan lengan, dan kelenturan pergelangan tangan terhadap akurasi *Smash* siswa putra dan putri ekstrakurikuler bola voli SMA Negeri 15 Bandar Lampung. Metode yang digunakan pada penelitian ini adalah kuantitatif korelasional dengan sampel 30 siswa 15 siswa putra dan 15 siswa putri. Data dikumpulkan melalui tes *broad jump*, *push and pull dynamometer*, *goniometer*, dan tes *position-based Smash*. Analisis data dilakukan dengan uji korelasi Pearson, korelasi ganda, serta melalui uji prasyarat *normalitas* dan *linieritas*. Hasil uji korelasi ganda menunjukkan bahwa terdapat hubungan yang kuat antara *power otot* tungkai, kekuatan lengan, dan kelenturan pergelangan tangan dengan ketepatan smash baik pada siswa putra maupun putri. Hasil uji korelasi ganda menunjukkan $R = 0,740$ pada putra dan $R = 0,693$ pada putri menandakan hubungan simultan. Kontribusi simultan ketiga variabel tersebut terhadap ketepatan smash pada siswa putra sebesar 54,7% sedangkan pada siswa putri sebesar 48% menunjukkan kontribusi yang cukup kuat dari ketiga variabel terhadap akurasi *Smash* dan signifikansi ($p < 0,05$)

Kata kunci: *power* tungkai, kekuatan lengan, kelenturan pergelangan tangan, *Smash*.

ABSTRACT

THE RELATIONSHIP OF LEG MUSCLE *POWER*, ARM MUSCLE STRENGTH, AND WRIST FITNESS TO *SMASH* ACCURACY OF EXTRACURRICULAR VOLLEYBALL STUDENTS AT SMA NEGERI 15 BANDAR LAMPUNG

By

OKTAVIANI ANANDA PUTRI

This study aims to analyze the relationship between leg muscle power, arm strength and wrist flexibility on the Smash accuracy of male and female extracurricular volleyball students at SMA Negeri 15 Bandar Lampung. The method used in this research is quantitative correlational with a sample of 30 students, 15 male students and 15 female students. Data was collected through broad jump tests, push and pull dynamometer, goniometer, and position-based Smash tests. Data analysis was carried out using the Pearson correlation test, multiple correlation, as well as through the prerequisite tests for normality and linearity. The results of the multiple correlation test show that there is a strong relationship between leg muscle power, arm strength and wrist flexibility and smash accuracy for both male and female students. The results of the multiple correlation test show $R = 0.740$ for boys and $R = 0.693$ for girls, indicating a simultaneous relationship. The simultaneous contribution of these three variables to smash accuracy for male students was 54,7%, while for female students it was 48%, indicating a fairly strong contribution from the three variables to smash accuracy and significance ($p < 0.05$).

Keywords: *leg power, arm strength, wrist flexibility, Smash*