

## ABSTRAK

### HUBUNGAN ANTARA KESEIMBANGAN DAN POWER OTOT TUNGKAI TERHADAP KECEPATAN TENDANGAN NAERYO CHAGI PADA CABANG OLAHRAGA TAEKWONDO

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Penelitian ini bertujuan untuk mengetahui hubungan antara keseimbangan dan *power* otot tungkai terhadap kecepatan tendangan *naeryo chagi* pada atlet taekwondo club nawesena Kota Bandar Lampung. Metode penelitian menggunakan survei dengan sampel sebanyak 30 atlet. Instrumen yang digunakan meliputi tes keseimbangan dengan standing stroke test, *power* otot tungkai dengan vertical jump, dan kecepatan tendangan *naeryo chagi* dengan stopwatch selama 15 detik. Hipotesis penelitian : 1) diduga ada hubungan keseimbangan terhadap kecepatan tendangan *naeryo chagi*, 2) diduga ada hubungan *power* otot tungkai terhadap kecepatan tendangan *naeryo chagi*, 3) diduga ada hubungan keseimbangan dan *power* otot tungkai terhadap kecepatan tendangan *naeryo chagi*. Hasil penelitian menunjukkan bahwa: 1) ada hubungan yang signifikan antara keseimbangan dengan kecepatan tendangan *naeryo chagi* ( $r$  hitung = 0,441 >  $r$  tabel = 0,374), 2) ada hubungan yang signifikan antara *power* otot tungkai dengan kecepatan tendangan *naeryo chagi* ( $r$  hitung = 0,525 >  $r$  tabel = 0,374), 3) Secara simultan, keseimbangan dan *power* otot tungkai juga berhubungan signifikan terhadap kecepatan tendangan *naeryo chagi* ( $r$  hitung = 0,687 >  $r$  tabel = 0,374) dengan kontribusi sebesar 47,19%.

**Kata kunci:** keseimbangan, *power* otot tungkai, kecepatan tendangan, *naeryo chagi*, taekwondo.

## **ABSTRACT**

### **THE CORRELATION BETWEEN BALANCE AND LOWER LIMB POWER WITH THE SPEED OF NAERYO CHAGI KICK IN TAEKWONDO**

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*This study aims to determine the relationship between balance and leg muscle power to naeryo chagi kick speed in taekwondo club nawesena athletes in Bandar Lampung City. The research method used a survey with a sample of 30 athletes. The instruments used included a balance test with a standing stroke test, leg muscle power with a vertical jump, and Naeryo Chagi's kick speed with a stopwatch for 15 seconds. Research hypotheses: 1) it is suspected that there is a balance relationship with Naeryo Chagi's kick speed, 2) it is suspected that there is a relationship between leg muscle power and Naeryo Chagi's kick speed, 3) it is suspected that there is a relationship between balance and leg muscle power to Naeryo Chagi's kick speed. The results showed that: 1) there was a significant relationship between balance and Naeryo Chagi's kick speed ( $r_{count} = 0.441 > r_{table} = 0.374$ ), 2) there was a significant relationship between leg muscle power and Naeryo Chagi's kick speed ( $r_{count} = 0.525 > r_{table} = 0.374$ ), 3) simultaneously, balance and leg muscle power were also significantly related to Naeryo Chagi's kick speed ( $r_{count} = 0.687 > r_{table} = 0.374$ ) with a contribution of 47.19%.*

**Keywords:** *balance, leg muscle power, kick speed, naeryo chagi, taekwondo.*