

ABSTRAK

HUBUNGAN KEKUATAN OTOT LENGAN DAN KELENTUKAN PERGELANGAN TANGAN TERHADAP KECEPATAN *INDIANA DRIBBLE* PERMAINAN *HOCKEY* *INDOOR* PADA TIM PUTRA *HOCKEY* KOTA BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui hubungan antara kekuatan otot lengan dan kelentukan pergelangan tangan terhadap kecepatan *indiana dribble* dalam permainan hoki pada tim putra hoki Kota Bandar Lampung. Metode penelitian yang digunakan adalah metode survei dengan jumlah sampel sebanyak 20 orang pada tim hoki Kota Bandar Lampung. Instrumen penelitian yang digunakan meliputi tes *push and pull dynamometer* untuk mengukur kekuatan otot lengan, tes goniometer untuk mengukur kelentukan pergelangan tangan, dan tes kecepatan *indiana dribble* menggunakan *Schmithals-french field hockey test*. Hipotesis penelitian: 1) diduga ada hubungan kekuatan otot lengan terhadap kecepatan *indiana dribble*, 2) diduga ada hubungan kelentukan pergelangan tangan terhadap kecepatan *indiana dribble*, 3) diduga ada hubungan kekuatan otot lengan dan kelentukan pergelangan tangan terhadap kecepatan *indiana dribble*. Hasil penelitian menunjukkan bahwa: 1) ada hubungan yang signifikan antara kekuatan otot lengan dengan kecepatan *indiana dribble* (r hitung = 0,622 > r tabel = 0,444), 2) ada hubungan yang signifikan antara kelentukan pergelangan tangan dengan kecepatan *indiana dribble* (r hitung = 0,588 > r tabel = 0,444), 3) Secara simultan, kekuatan otot lengan dan kelentukan pergelangan tangan juga memiliki hubungan yang signifikan terhadap kecepatan *indiana dribble* (r hitung = 0,6046 > r tabel = 0,444) dengan kontribusi sebesar 36,48%.

Kata Kunci: kekuatan otot lengan, kelentukan pergelangan tangan, kecepatan *indiana dribble hockey*

ABSTRACT

THIS STUDY AIMS TO DETERMINE THE RELATIONSHIP BETWEEN ARM MUSCLE STRENGTH AND WRIST FLEXIBILITY ON THE SPEED OF INDIANA DRIBBLE IN INDOOR HOCKEY AMONG THE MALE HOCKEY TEAM OF BANDAR LAMPUNG CITY.

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This study aims to determine the relationship between arm muscle strength and wrist flexibility to the speed of Indiana dribble in hockey games in the men's hockey team of Bandar Lampung City. The research method used is a survey method with a sample of 20 people in the Bandar Lampung City hockey team. The research instruments used include a push and pull dynamometer test to measure arm muscle strength, a goniometer test to measure wrist flexibility, and an Indiana dribble speed test using the Schmithals-french field hockey test. Research hypotheses: 1) it is suspected that there is a relationship between arm muscle strength and Indiana dribble speed, 2) it is suspected that there is a relationship between wrist flexibility and Indiana dribble speed, 3) it is suspected that there is a relationship between arm muscle strength and wrist flexibility and Indiana dribble speed. The results of the study showed that: 1) there is a significant relationship between arm muscle strength and Indiana dribble speed ($r_{\text{count}} = 0.622 > r_{\text{table}} = 0.444$), 2) there is a significant relationship between wrist flexibility and Indiana dribble speed ($r_{\text{count}} = 0.588 > r_{\text{table}} = 0.444$), 3) Simultaneously, arm muscle strength and wrist flexibility also have a significant relationship to Indiana dribble speed ($r_{\text{count}} = 0.6046 > r_{\text{table}} = 0.444$) with a contribution of 36.48%.

Keywords: *arm muscle strength, wrist flexibility, Indiana dribble speed hockey*