

## ABSTRAK

### HUBUNGAN POWER OTOT TUNGKAI DAN KESEIMBANGAN TERHADAP KECEPATAN *DRIBBLING* SEPAK BOLA PADA SSB PORTO TULANG BAWANG BARAT

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Penelitian ini bertujuan untuk mengetahui hubungan antara power otot tungkai dan keseimbangan terhadap kecepatan *dribbling* dalam sepak bola SSB Porto Tulang Bawang Barat Metode yang digunakan adalah metode survei dengan pendekatan korelasional. Sampel penelitian berjumlah 45 orang dan populasinya seluruh pemain SSB Porto Tulang Bawang Barat berjumlah 45 orang dan teknik penentuan sampel dalam penelitian ini menggunakan teknik (*Total Sampling*), yaitu teknik penentuan sampel dengan mengambil seluruh anggota populasi sebagai sampel penelitian. Instrumen penelitian yang digunakan meliputi tes *vertical jump* untuk mengukur power otot tungkai, tes *standing stroke stand* untuk mengukur keseimbangan, dan tes kecepatan *dribbling* menggunakan *stopwatch*. Hipotesis penelitian: 1) Diduga ada hubungan yang signifikan antara power otot tungkai terhadap kecepatan *dribbling* sepakbola pada SSB porto tulang bawang barat 2) Diduga ada hubungan yang signifikan antara keseimbangan terhadap kecepatan *dribbling* sepakbola pada SSB porto tulang bawang barat, 3) Diduga ada hubungan yang signifikan antara power otot tungkai dan keseimbangan secara bersama-sama dengan kecepatan *dribbling* sepakbola pada SSB porto tulang bawang barat.. Hasil penelitian menunjukkan bahwa: 1) terdapat hubungan yang signifikan antara power otot tungkai terhadap kecepatan *dribbling* ( $r$  hitung = 0,315 >  $r$  tabel = 0,301), 2) terdapat hubungan yang signifikan antara keseimbangan terhadap kecepatan *dribbling* ( $r$  hitung = 0,397 >  $r$  tabel = 0,301), 3) Secara simultan, power otot tungkai dan keseimbangan juga memiliki hubungan yang signifikan terhadap kecepatan *dribbling* ( $r$  hitung = 0,387 >  $r$  tabel = 0,301).

**Kata Kunci :** Power otot tungkai, keseimbangan, kecepatan *dribbling*, sepak bola

## ABSTRACT

### **THE CORRELATION BETWEEN LOWER LIMB POWER AND BALANCE WITH DRIBBLING SPEED IN SOCCER PLAYERS AT SSB PORTO TULANG BAWANG BARAT**

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*This study aims to determine the relationship between leg muscle power and balance with dribbling speed in soccer players at SSB Porto Tulang Bawang Barat. The research employed a survey method with a correlational approach, involving a sample of 45 participants and the population is all SSB Porto Tulang Bawang Barat players totaling 45 people and the sampling determination technique in this study uses the (Total sampling) technique, namely the sampling determination technique by taking all members of the population as research samples. The instruments used in this study included the vertical jump test to measure leg muscle power, the standing stork stand test to measure balance, and a dribbling speed test measured using a stopwatch. The hypotheses of this study assumed that there was a significant relationship between leg muscle power and dribbling speed, a significant relationship between balance and dribbling speed, and a significant simultaneous relationship between leg muscle power and balance with dribbling speed in soccer players at SSB Porto Tulang Bawang Barat. The results of the study indicated that there was a significant relationship between leg muscle power and dribbling speed, with a calculated correlation coefficient of 0.315, which was greater than the critical value of 0.301. In addition, balance was also found to have a significant relationship with dribbling speed, with a calculated correlation coefficient of 0.397, exceeding the critical value of 0.301. Furthermore, leg muscle power and balance simultaneously showed a significant relationship with dribbling speed, as indicated by a calculated correlation coefficient of 0.387, which was greater than the critical value of 0.301.*

**Keywords :** *lower limb power, balance, dribbling speed, football*