

## ABSTRAK

### HUBUNGAN KEKUATAN OTOT LENGAN DAN KELENTUKAN PINGGANG TERHADAP HASIL *SHOOTING HOCKEY INDOOR* TIM PUTRI KOTA BANDAR LAMPUNG

Oleh:

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Penelitian ini bertujuan untuk mengetahui hubungan kekuatan otot lengan dan kelentukan pinggang terhadap hasil *shooting hockey indoor* tim putri Kota Bandar Lampung. Metode yang digunakan adalah metode deskriptif korelasional. Sampel penelitian berjumlah 30 orang. Instrumen penelitian yang digunakan adalah *push and pull dynamometer*, *standing stroke test* dan *shooting hockey indoor*. Hipotesis penelitian: 1) ada hubungan kekuatan otot lengan terhadap hasil *shooting hockey indoor*, 2) ada hubungan kelentukan pinggang terhadap hasil *shooting hockey indoor*, 3) ada hubungan kekuatan otot lengan dan kelentukan pinggang terhadap hasil *shooting hockey indoor*. Hasil penelitian menunjukkan bahwa: 1) terdapat hubungan yang signifikan antara kekuatan otot lengan terhadap hasil *shooting* ( $r$  hitung = 0,622 >  $r$  tabel = 0,374), 2) terdapat hubungan yang signifikan antara kelentukan pinggang terhadap hasil *shooting* ( $r$  hitung = 0,556 >  $r$  tabel = 0,374), 3) Secara simultan, kekuatan otot lengan dan kelentukan pinggang terhadap hasil *shooting* ( $F$  hitung = 3,984 >  $F$  tabel = 12,37) dan kontribusi sebesar 29,01%.

**Kata kunci:** kekuatan otot lengan, kelentukan pinggang, *shooting hockey indoor*.

## **ABSTRACT**

### **THE RELATIONSHIP OF ARM MUSCLE STRENGTH AND WAIST FITNESS TO INDOOR HOCKEY SHOOTING RESULTS BANDAR LAMPUNG CITY WOMEN'S TEAM**

**By:**

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*This study aims to determine the relationship between arm muscle strength and waist flexibility with the shooting results of the women's indoor hockey team of Bandar Lampung City. The method used is a descriptive correlation method. The sample of the study amounted to 30 people. The research instruments used were push and pull dynamometer; standing stroke test and Indoor hockey shooting. Research hypothesis: 1) there is a relationship between arm muscle strength and indoor hockey shooting results, 2) there is a relationship between waist flexibility and indoor hockey shooting results, 3) there is a relationship between arm muscle strength and waist flexibility and indoor hockey shooting results. The results of the study showed that: 1) there was a significant relationship between arm muscle strength and shooting results ( $r_{count} = 0.622 > r_{table} = 0.374$ ), 2) there was a significant relationship between waist flexibility and shooting results ( $r_{count} = 0.556 > r_{table} = 0.374$ ), 3) Simultaneously, arm muscle strength and waist flexibility had an impact on Shooting results ( $F_{count} = 12,37 > F_{table} = 3,340$ ) and contributed 29,01%.*

**Keywords:** *arm muscle strength, waist flexibility, indoor hockey shooting.*