

ABSTRAK

HUBUNGAN *POWER* OTOT LENGAN DAN KORDINASI MATA TANGAN TERHADAP KETERAMPILAN SERVIS ATAS BOLA VOLI PADA SISWA EKSTRAKURIKULER BOLA VOLI SMAN 16 BANDAR LAMPUNG

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Penelitian ini bertujuan untuk mengetahui hubungan antara power otot lengan dan koordinasi mata tangan terhadap keterampilan servis atas bola voli pada siswa ekstrakurikuler SMA Negeri 16 Bandar Lampung. Penelitian menggunakan metode kuantitatif dengan pendekatan korelasional. Populasi penelitian berjumlah 20 siswa yang seluruhnya dijadikan sampel menggunakan teknik total sampling. Instrumen yang digunakan meliputi tes pull and push dynamometer untuk mengukur power otot lengan, tes lempar tangkap bola untuk mengukur koordinasi mata tangan, dan tes keterampilan servis atas bola voli. Hasil penelitian menunjukkan bahwa: 1) Terdapat hubungan signifikan antara power otot lengan dan keterampilan servis atas bola voli dengan korelasi $r_{hitung} 0,638 > r_{tabel} 0,444$, menunjukkan semakin baik power otot lengan, semakin tinggi kemampuan servis siswa. 2) Terdapat hubungan signifikan antara koordinasi mata tangan dan keterampilan servis atas bola voli dengan korelasi $r_{hitung} 0,716 > r_{tabel} 0,444$. 3) Terdapat hubungan signifikan antara power otot lengan dan koordinasi mata tangan dengan keterampilan servis atas bola voli dengan korelasi $r_{hitung} 0,742 > r_{tabel} 0,444$. Penelitian ini menegaskan bahwa keberhasilan keterampilan servis atas bola voli bergantung pada kekuatan fisik dan koordinasi gerak yang tepat.

Kata kunci: power otot lengan, koordinasi mata tangan, servis atas, bola voli

ABSTRACT

THE CORRELATION BETWEEN ARM MUSCLE POWER AND HAND-EYE COORDINATION ON OVERHAND SERVICE SKILLS IN VOLLEYBALL EXTRACURRICULAR STUDENTS AT SMA NEGERI 16 BANDAR LAMPUNG

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This study aims to determine the relationship between arm muscle power and hand-eye coordination on the overhand serve skill in volleyball among extracurricular students at SMA Negeri 16 Bandar Lampung. The study used a quantitative method with a correlational approach. The population consisted of 20 students, all of whom were included as the sample using total sampling technique. The instruments used were a pull and push dynamometer to measure arm muscle power, a ball toss and catch test to measure hand-eye coordination, and a test to assess the overhand serve skill in volleyball. The results showed that: 1) There is a significant relationship between arm muscle power and overhand serve skill with a correlation of $r_{hitung} 0,638 > r_{tabel} 0,444$, indicating that the better the arm muscle power, the higher the serve ability of the students. 2) There is a significant relationship between hand-eye coordination and overhand serve skill with a correlation of $r_{hitung} 0,716 > r_{tabel} 0,444$. 3) There is a significant relationship between arm muscle power, hand-eye coordination, and overhand serve skill with a correlation of $r_{hitung} 0,742 > r_{tabel} 0,444$. This study emphasizes that the success of overhand serve skills in volleyball depends on both physical strength and proper movement coordination.

Keywords: *arm muscle power, hand-eye coordination, overhand service, volleyball*