

ABSTRAK

HUBUNGAN ANTARA KEKUATAN OTOT LENGAN DAN KOORDINASI MATA TANGAN DENGAN PASSING BAWAH BOLA VOLI EKSTRAKURIKULER PUTRA SMAN 1 CANDIPURO

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Penelitian ini bertujuan untuk mengetahui hubungan kekuatan otot lengan dan koordinasi mata tangan dengan *passing* bawah bola voli SMAN 1 Candipuro. Metode yang digunakan adalah metode korelasional. Sampel penelitian berjumlah 20 orang. Instrumen penelitian yang digunakan adalah *push-up*, lempar tangkap bola dan *passing* bawah bola voli. Hasil penelitian menunjukkan bahwa: 1) terdapat hubungan yang signifikan antara kekuatan otot lengan dengan *passing* bawah (r hitung = 0,504 > r tabel = 0,468), 2) terdapat hubungan yang signifikan antara koordinasi mata dengan terhadap *passing* bawah (r hitung = 0,507 > r tabel = 0,468), 3) Secara simultan, kekuatan otot lengan dan koordinasi mata tangan dengan *passing* bawah (r hitung = 0,750 > r tabel = 0,468) dan kontribusi sebesar 56,35%.

Kata kunci: kekuatan otot lengan, koordinasi mata tangan, bola voli.

ABSTRACT

THE RELATIONSHIP BETWEEN ARM MUSCLE STRENGTH AND HAND-EYE COORDINATION IN PASSING IN EXTRACURRICULAR VOLLEYBALL PLAYERS AT SMAN 1 CANDIPURO

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This study aims to determine the relationship between arm muscle strength and hand-eye coordination to the underhand passing of volleyball at SMAN 1 Candipuro. The method used is the correlational method. The research sample consisted of 20 people. The research instruments used were push-ups, throwing and catching the ball and underhand passing of volleyball. The research hypothesis: 1) there is a relationship between arm muscle strength and underhand passing, 2) there is a relationship between hand-eye coordination and underhand passing, 3) there is a relationship between arm muscle strength and hand-eye coordination to underhand passing. The results of the study showed that: 1) there is a significant relationship between arm muscle strength and underhand passing ($r_{count} = 0.504 > r_{table} = 0.468$), 2) there is a significant relationship between hand-eye coordination and underhand passing ($r_{count} = 0.507 > r_{table} = 0.468$), 3) Simultaneously, arm muscle strength and hand-eye coordination to underhand passing ($r_{count} = 0.750 > r_{table} = 0.468$) and a contribution of 56.35%.

Keywords: *arm muscle strength, hand eye coordination, volleyball.*