

Ringkasan

HUBUNGAN KESEIMBANGAN DAN KEKUATAN OTOT TUNGKAI TERHADAP KECEPATAN TENDANGAN T PADA ATLET PENCAK SILAT PPLM DKI JAKARTA

ABSTRAK

Penelitian ini berjudul hubungan keseimbangan dan kekuatan otot tungkai terhadap kecepatan tendangan T pada Atlet Pusat Pendidikan dan Latihan Mahasiswa (PPLM) DKI Jakarta.

Masalah penelitian meliputi, Apakah terdapat hubungan antara keseimbangan dengan kecepatan tendangan T, Apakah terdapat hubungan kekuatan otot tungkai dengan kecepatan tendangan T, Apakah terdapat hubungan keseimbangan dan kekuatan otot tungkai secara bersamaan dengan kecepatan tendangan T.

Hasil Perhitungan kolerasi diperoleh nilai t-hitung = 3,307 dan t-tabel = 2,10 maka H_0 di tolak dan H_1 diterima. Berarti terdapat hubungan yang positif antara Keseimbangan terhadap hasil Kecepatan Tendangan T, Hasil Perhitungan kolerasi diperoleh nilai t-hitung = 5,594 dan t-tabel = 2,10 maka H_0 di tolak dan H_1 diterima. Berarti terdapat hubungan yang positif antara Kekuatan Otot Tungkai terhadap hasil Kecepatan Tendangan T, Hasil Perhitungan kolerasi diperoleh nilai t-hitung = 22,687 dan t-tabel = 3,56 maka H_0 di tolak dan H_1 diterima. Berarti terdapat hubungan yang Positif antara Keseimbangan dan Kekuatan Otot Tungkai Terhadap Hasil Kecepatan Tendangan T.

Kesimpulan akhir yang diperoleh melalui penelitian ini adalah meningkatnya Keseimbangan dan kekuatan Otot Tungkai maka akan meningkat pula Hasil Kecepatan Tendangan T

Kata Kunci : Keseimbangan, Kekuatan Otot Tungkai, Kecepatan Tendangan T

Summary

CORRELATION OF LEG MUSCLE BALANCE AND STRENGTH TO THE SPEED OF T KICK IN DKI JAKARTA STUDENT TRAINING AND EDUCATION CENTER (PPLM) ATHLETES.

Abstract

This Research entitled the correlation of leg muscle balance and strength to the speed of T kick in DKI Jakarta Student Training and Education Center (PPLM) Athletes.

Research problems include. Is there a correlation between balance and kick T speed, Is there a correlation between leg muscle strength and kick T speed , Is there a correlation between balance and leg muscle strength simultaneously with kick T speed.

The results of the calculation of correlation obtained by the value of t-count = 3.307 and t-table = 2.10 then H_0 is rejected and H_1 is accepted. It means that there is a positive correlation between the balance of the results of the kick T speed, the results of the calculation of correlation obtained by the value of t-count = 5.594 and t-table = 2.10, H_0 is rejected and H_1 is accepted. It means that there is a positive correlation between Leg Muscle Strength towards the results of Kick T Speed , the results of the calculation of correlation obtained by the value of t-count = 22,687 and t-table = 3.56 then H_0 is rejected and H_1 is accepted. This means that there is a positive correlation between Balance and Leg Muscle Strength Against the Kick T Speed Result.

The final conclusion obtained through this study is the increase in the balance and strength of the leg muscles, so it will also increase the result of the Kick T Speed.

Key word : Balance, Leg Muscle Strength, Kick T Speed