

RINGKASAN

ROSALINA WARDANI. “Hubungan Koordinasi Mata Tangan, Kaki Dan Kelincahan Terhadap Kemampuan Dig Pada Atlet Bola Voli Putri Fortius” Skripsi, Jakarta, Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Olahraga, Universitas Negeri Jakarta, Juli, 2019.

Penelitian ini bertujuan untuk mengetahui: (1). Hubungan antara antara koordinasi mata tangan, dan kaki terhadap kemampuan *dig* pada atlet bola voli putri Fortius. (2). Hubungan antara kelincahan terhadap kemampuan *dig* pada atlet bola voli putri Fortius. (3). Hubungan antara koordinasi mata tangan, kaki dan kelincahan pada kemampuan *dig* atlet bola voli putri Fortius.

Penelitian ini dilaksanakan di Gedung Serba Guna UNJ Jakarta yang beralamat Jl. Pemuda No. 10 Rawamangun Pulo Gadung Kota Jakarta Timur. Waktu penelitian dilakukan selama bulan November 2018 sampai dengan Juli 2019. Metode yang *digunakan* dalam penelitian ini adalah metode survey dengan teknik studi korelasional. Populasi dalam penelitian ini adalah para anggota klub bola voli putri Universitas Negeri Jakarta dengan jumlah 45 atlet. Jumlah sampel sebanyak 30 orang, sampel ditentukan dengan *Purposive Sampling*.

Hasil penelitian menyimpulkan bahwa: (1). Terdapat hubungan yang positif antara koordinasi mata, tangan, kaki dengan hasil kemampuan *dig*, dengan persamaan garis linier $\hat{Y} = 13,93 + 0,72 X_1$, koefisien korelasi (r_{y_1}) = 0,721 dan koefisien determinasi ($r_{y_1^2}$) = 0,5203, yang berarti variabel koordinasi mata, tangan, dan kaki memberikan sumbangan terhadap hasil kemampuan *dig* sebesar 52,03%. (2). Terdapat hubungan yang positif antara kelincahan dengan hasil kemampuan *dig*, dengan persamaan garis linier $\hat{Y} = 16,85 + 0,66X_2$. Koefisien korelasi ($r_{y_2^2}$) = 0,663 dan koefisien determinasi ($r_{y_2^2}$) = 0,4396 yang berarti variabel Kelincahan hanya memberikan sumbangan dengan hasil kemampuan *dig* sebesar 43,96%. (3). Terdapat hubungan yang positif antara koordinasi mata, tangan, kaki dan kelincahan dengan hasil kemampuan *dig* secara bersama-sama, dengan persamaan garis linier $\hat{Y} = 10,154 + 0,509X_1 + 0,288X_2$. koefisien korelasi $R_{y_{1-2}} = 0,747$ dan koefisien determinasi $(R_{y_{1-2}})^2 = 0,5581$ yang berarti variabel koordinasi mata, tangan, kaki dan kelincahan memberikan sumbangan dengan hasil kemampuan *dig* sebesar 55,81%.

ABSTRACT

RELATIONSHIP OF EYES, FOOT AND RELATED COORDINATION OF DIG ABILITY IN VOLLEY BALL ATHLETES WOMEN FORTIUS. Thesis: Jakarta Coaching Education, Faculty of Sports Science, Jakarta State University, August 2019.

This study aims to determine: (1). The relationship between eye, hand and foot coordination on dig ability in Fortius women's volleyball athletes. (2). The relationship between agility and ability to dig in the women's volleyball athlete Fortius. (3). The relationship between eye, hand and foot coordination and agility on the ability of Fortius women's volleyball athletes.

This research was conducted in the Jakarta Multipurpose Building, located at Jl. Youth No. 10 Rawamangun Pulo Gadung, East Jakarta City. When the research was conducted during November 2018 until July 2019. The method used in this study was a survey method with correlational study techniques. The population in this study were members of the women's volleyball club Jakarta State University with a total of 45 athletes. The number of samples is 30 people, the sample is determined by purposive sampling.

The results of the study concluded that: (1). There is a positive relationship between eye, hand, and foot coordination with the results of dig ability, with linear equation $\hat{Y} = 13.93 + 0.72 X_1$, correlation coefficient (r_{y1}) = 0.721 and coefficient of determination (r_{y1}^2) = 0.5203, which means that the eye, hand, and foot coordination variables contribute to the dig ability results by 52.03% (2). There is a positive relationship between agility with the results of the ability to dig, with a linear equation $\hat{Y} = 16.85 + 0.66X_2$. The correlation coefficient (r_{y2}) = 0.663 and the coefficient of determination (r_{y2}^2) = 0.4396 which means that the Agility variable only contributes to the results of the dig capability of 43.96%. (3). There is a positive relationship between the coordination of eyes, hands, feet and agility with the results of the ability to dig together, with a linear line equation $\hat{Y} = 10.154 + 0.509X_1 + 0.288X_2$. the correlation coefficient $R_{y1-2} = 0.747$ and the coefficient of determination $(R_{y1-2})^2 = 0.5581$ which means that the coordination variables of eyes, hands, feet and agility contribute to the results of the dig ability of 55.81%.