

ABSTRACT

ARIFKA FADIL MUHAMMAD. The Relation between Running Speed and Explosive Power of The Leg Muscles Toward the Result of Triple jump of Student Athletes of Faculty of Sports Science, Universitas Negeri Jakarta.

This research aims to know (1) the running speed relation (X1) with the result of triple jump (y), (2) the explosive power relation with the result of triple jump, (3) and also to know the running speed relation (X1) and explosive power of the leg muscles (x2) with the result of triple jump.

This research was conducted at first week in July, 2017 at Athletic Stadium of Rawamangun- East Jakarta. The data was gained using correlation method with survey technique, and hypothesis testing using correlation technique. The subject of this research is 20 student athletes of Faculty of Sports Science Universitas Negeri Jakarta . The instrument of running speed measurement using *Pedoman Buku tes Pengukuran* by Dr. Widiastuti, M.Pd, with run testing of 30 meters. The measurement result of explosive power of the leg muscles with 3 hopes test instrument. The measurement of the result based on the norm of triple jump assessment result. The data was analyzed using Statistical analysis techniques with simple correlation and double correlation.

The result of data analysis shows that (1) there is positive relation between running speed (X1) with the result of triple jump which showed by correlation coefficient $r_{x1}=0,576$ and correlation of determination which contributes up to 33,1%. (2) There is positive relation between explosive power of muscles (X2) with the result of triple jump (Y) which showed by correlation coefficient $r_{x2} = 0,727$ and correlation of determination which contributes up to 52,9%. (3) There is positive relation between running speed (x1) and explosive power of the leg muscles (x2) with the result of triple jump by coefficient double correlation = 0,801 and coefficient of determination which contributes up to 64, 1%

According to the data analysis, it can be concluded that there is the positive running speed relation (X1) with the result of Triple jump, the positive explosive power of the leg muscles relation (X2) with the result of triple jump, The positive running speed (X1) and explosive power of the leg muscles (X2) with the result of triple jump (y) of student athletes of Faculty of sports science, Universitas Negeri Jakarta.

Keyword: Speed, Power, Triple Jump

