

Hubungan Antara Kepercayaan Diri Dan Daya Ledak Otot Tungkai Dengan Tendangan *Eolgol Yeop Chagi* Pada Atlet *Poomsae* Taekwondo Usia Senior.

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui (1) hubungan antara kepercayaan diri dengan tendangan *eolgol yeop chagi* (2) hubungan antara daya ledak otot tungkai dengan tendangan *eolgol yeop chagi* (3) hubungan antara kepercayaan diri dan daya ledak otot tungkai dengan tendangan *eolgol yeop chagi* pada atlet *poomsae* taekwondo usia senior. Penelitian dilakukan pada bulan Juli 2019. Pengambilan data diambil hari Kamis, 11 Juli 2019 di Rusunawa Kampus B Fakultas Ilmu Keolahragaan Universitas Negeri Jakarta menggunakan metode teknik kuantitatif dengan studi korelasi ganda. Sampel penelitian sebanyak 30 orang yaitu atlet *poomsae* taekwondo usia senior. Instrumen penelitian ini yaitu (1) Tes kepercayaan diri menggunakan angket dengan menggunakan format penilaian dengan satuan nilai poin. (2) Tes daya ledak otot tungkai menggunakan *Triple Hop Test* dengan satuan penilaian *meter* (3) Tes tendangan *eolgol yeop chagi* menggunakan format penilaian dengan satuan nilai poin. Analisa data dalam penelitian ini menggunakan korelasi sederhana dan berganda dilanjutkan dengan uji F pada taraf signifikan $\alpha = 0.05$, Berdasarkan hasil data penelitian yaitu (1) terdapat hubungan antara kepercayaan diri dengan tendangan *eolgol yeop chagi* diperoleh $t_{hitung} = 4.286 > t_{tabel} = 2.052$, dengan persamaan linier $\hat{Y} = 15.724 + 0.628 X_1$. Koefisien korelasi $r_{y_1} = 0.629$ (2) terdapat hubungan antara daya ledak otot tungkai dengan tendangan *eolgol yeop chagi* diperoleh $t_{hitung} = 3.187 > t_{tabel} = 2.052$, dengan persamaan linier $\hat{Y} = 17.688 + 0.589 X_2$. Koefisien korelasi $r_{y_2} = 0.516$ (3) terdapat hubungan antara kepercayaan diri dan daya ledak otot tungkai dengan tendangan *eolgol yeop chagi* diperoleh $F_{hitung} = 8.27 > F_{tabel} = 3.35$, dengan persamaan garis linier $\hat{Y} = 11.666 + 0.505 X_1 + 0.222 X_2$, koefisien korelasi $r_{y_{12}} = 0.635$. Dengan demikian dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kepercayaan diri dan daya ledak otot tungkai dengan tendangan *eolgol yeop chagi* pada atlet *poomsae* taekwondo usia senior.

Kata kunci : Kepercayaan Diri, Daya Ledak Otot Tungkai, Tendangan *Eolgol Yeop Chagi*.

The Connection Between Self-Confidence And Explosive Power Of Leg Muscles With Eolgol Yeop Chagi Kick In Poomsae Taekwondo Athletes Senior Age

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ABSTRACT

This study aims to determine (1) the connection between self-confidence and eolgol yeop chagi kick (2) the connection between explosive power of leg muscles and eolgol yeop chagi kick (3) the connection between self confidence and explosive power of leg muscles with eolgol yeop chagi kick in athletes poomsae taekwondo senior age. The research was conducted on July 2019. Data retrieval was taken on Thursday, July 11, 2019 in Rusunawa Campus B, Faculty of Sport Sciences, Jakarta State University, using quantitative techniques with multiple correlation studies. The research sample was 30 people, namely senior taekwondo poomsae athletes. The instruments of this study are (1) Self-confidence test using a Likert Scale by using the assessment format with units of value points. (2) Test explosive power of leg muscles using Triple Hop Test with meter assessment unit (3) Eolgol yeop chagi kick test using the assessment format with unit value points. Analysis of the data in this study using simple and multiple correlations followed by the F test at a significant level of $\alpha = 0.05$, Based on the results of research data, namely (1) there is a connection between self-confidence with eolgol yeop chagi kick obtained $t_{count} = 4.286 > t_{tabel} = 2.052$, with linear equation $\hat{Y} = 15.724 + 0.628 X1$. Correlation coefficient $r_{y1} = 0.629$ (2) there is a connection between explosive power of leg muscles with eolgol yeop chagi kick obtained $t_{count} = 3.187 > t_{tabel} = 2.052$, and linear equations $\hat{Y} = 17,688 + 0.589 X2$. Correlation coefficient $r_{y2} = 0.516$ (3) there is a connection between self confidence and explosive power of leg muscles with eolgol yeop chagi kick obtained $F_{count} = 8.27 > F_{tabel} = 3.35$, with linear line equation $\hat{Y} = 11.666 + 0.505 X1 + 0.222 X2$, correlation coefficient $r_{y12} = 0.635$. Thus it can be concluded that there is a significant connection between self-confidence and explosive power of leg muscles with eolgol yeop chagi kicks in senior age poomsae taekwondo athletes.

Keywords: Self Confidence, Explosive Power Of Leg Muscles, Eolgol Yeop Chagi Kick.