

## HUBUNGAN KEKUATAN OTOT LENGAN DAN KOORDINASI MATA-TANGAN TERHADAP KETEPATAN MEMANAH JARAK 5 METER USIA 9-12 TAHUN PADA BLUE FEATHER ARCHERY

### ABSTRAK

Penelitian ini bertujuan mengetahui hubungan kekuatan otot lengan terhadap ketepatan memanah, hubungan koordinasi mata-tangan terhadap ketepatan memanah, serta hubungan kekuatan otot lengan dan koordinasi mata-tangan secara bersama-sama terhadap ketepatan memanah jarak 5 meter usia 9-12 tahun pada anggota Klub Feather Archery. Penelitian ini dilakukan dengan metode Kuantitatif Asosiatif teknik studi korelasi. Populasi dalam penelitian ini menggunakan *Purposive Sampling* sebanyak 43 dari 152 atlet. Pengambilan data kekuatan otot lengan menggunakan test *push-up*, koordinasi mata-tangan menggunakan test *ball wall pass*, dan ketepatan memanah menggunakan *scoring* sebanyak 6 seri, 6 *arrow* disetiap serinya. Teknik analisis data statistik yang digunakan menggunakan teknik korelasi sederhana dan korelasi ganda dilanjutkan dengan uji t pada taraf signifikan  $\alpha = 0,05$ . Hasil penelitian menunjukkan koefisien korelasi  $(ry_1) = 0,95$  dan koefisien determinasi  $(ry_1)^2 = 0,9025$  berarti kekuatan otot lengan memberikan sumbangan sebesar 90,25% terhadap ketepatan memanah. Koefisien korelasi  $(ry_2) = 0,94$  dan koefisien determinasi  $(ry_2)^2 = 0,8836$  berarti koordinasi mata-tangan memberikan sumbangan sebesar 88,36% terhadap ketepatan memanah. Koefisien korelasi  $(ry_{1-2}) = 0,96$  dan koefisien determinasi  $(ry_{1-2})^2 = 0,9216$  berarti kekuatan otot lengan dan koordinasi mata-tangan secara bersama-sama memberikan sumbangan sebesar 92,16% terhadap ketepatan memanah.

**Kata Kunci :** *kekuatan otot lengan, koordinasi mata-tangan, blue feather archery*

**RELATIONSHIP OF SLEEVE MUSCLE STRENGTH AND EYE-HAND COORDINATION AGAINST THE ARRANGEMENT OF 5 METERS AGED 9-12 YEARS OLD IN BLUE FEATHER ARCHERY**

**ABSTRACT**

*This study aims to determine the relationship of arm muscle strength to the accuracy of archery, the relationship of eye-hand coordination to the accuracy of archery, as well as the relationship of arm muscle strength and eye-hand coordination together to the accuracy of archery distance of 5 meters aged 9-12 years in members of the Feather Club Archery. This research was conducted with the Associative Quantitative method of correlation study techniques. The population in this study used Purposive Sampling as many as 43 of 152 athletes. Retrieval of arm muscle strength data using push-up tests, eye-hand coordination using a ball wall pass test, and the accuracy of archery using scoring as much as 6 series, 6 arrows in each series. Atatistic data analysis techniques used are simple correlation techniques and multiple correlation followed by t test at a significant level  $\alpha = 0.05$ . The results showed the correlation coefficient  $(ry_1) = 0,95$  and the coefficient of determination  $(ry_1)^2 = 0,9025$  means that arm muscle strength contributed 90.25% to the accuracy of archery. The correlation coefficient  $(ry_2) = 0,94$  and the coefficient of determination  $(ry_2)^2 = 0,8836$  means eye-hand coordination contributes 88.36% to the accuracy of archery. The correlation coefficient  $(ry_{1-2}) = 0,96$  and the coefficient of determination  $(ry_{1-2})^2 = 0,9216$  means joint arm muscle strength and eye-hand coordination - same contributed 92.16% to the accuracy of archery.*

**Keywords** : arm muscle strength, eye-hand coordination, blue feather archery

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