

HUBUNGAN PANJANG LENGAN DAN DAYA LEDAK OTOT LENGAN TERHADAP HASIL TOLAKAN TOLAK PELURU PADA MAHASISWA KOP ATLETIK UNIVERSITAS NEGERI JAKARTA

ABSTRAK

Tujuan penelitian ini adalah untuk 1). Mengetahui hubungan antara panjang lengan terhadap hasil tolakan tolak peluru(X_1). 2). Mengetahui hubungan daya ledak otot lengan terhadap hasil tolakan tolak peluru(X_2). 3). Mengetahui hubungan panjang lengan dan daya ledak otot lengan terhadap hasil tolakan tolak peluru pada mahasiswa KOP atletik UNJ(Y).

Penelitian ini menggunakan metode penelitian deskriptif dengan teknik korelasi. Populasi dalam penelitian ini adalah atlet atletik yang masih aktif berlatih yang berjumlah 50 atlet. Jumlah sampel sebanyak 30 orang, sampel ditentukan dengan *Purposive Sampling*.

Hasil penelitian menyimpulkan bahwa : (1). Terdapat hubungan Panjang Lengan dengan hasil tolakan tolak peluru di peroleh *koefisien korelasi* $r_{y1} = 0,743$, yang berarti variabel panjang lengan memberikan sumbangan terhadap hasil tolakan tolak peluru sebesar 74.30%. dan diperoleh koefisien determinasi 0.553, yang berarti bahwa variabel hasil tolakan tolak peluru pada variabel panjang lengan sebesar 55,3% (2). Terdapat hubungan antara Daya ledak Otot Lengan dengan hasil tolakan tolak peluru, di peroleh *koefisien korelasi* $r_{y2} = 0,849$ yang berarti variabel Daya Ledak otot Lengan memberikan sumbangan terhadap hasil tolakan tolak peluru sebesar 84,90%, di peroleh juga nilai determinasi 0.720 ini berarti variabel hasil tolakan tolak peluru dapat dijelaskan oleh variabel daya ledak otot lengan sebesar 72% (3). Terdapat hubungan antara Panjang Lengan dan Daya ledak Otot Lengan dengan hasil tolakan tolak peluru secara bersama-sama, dengan *koefisien korelasi ganda* $R_{y1-2} = 0,772\%$ hal ini berarti bahwa 77.20% Hasil tolakan tolak peluru di tentukan oleh Panjang Lengan dan Daya Ledak Otot Lengan secara bersama-sama.

Kata Kunci : Panjang Lengan, Daya ledak otot Lengan, Hasil tolakan Tolak Peluru

THE RELATIONSHIP OF ARM LENGTH AND ARM MUSCLE EXPLOSION POWER TO THE RESULTS OF SHOT PUT IN ATHLETIC STATE UNIVERSITY OF JAKARTA

ABSTRACT

The purpose of this study is to 1). Knowing the relationship between arm length and the result of repulsion of a shot put (X1). 2). Knowing the relationship of arm muscle explosive power to the result of repulsion of a shot put (X2). 3). Knowing the relationship of arm length and arm muscle explosive power to the result of repulsion of shot put in athletes KOP UNJ(Y).

This study uses descriptive research methods with correlation techniques. The population in this study were athletes who were still actively practicing, totaling 60 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 relationship of Arm Length with the result of shot put repulsion obtained by the correlation coefficient $r_{y1} = 0.743$, which means that variable arm length contributes to the result of shot put repulsion by 74.30%. and obtained a coefficient of determination of 0.553, which means that the result of the repulsion of the shot put on the arm length variable is 55.3% (2). There is a relationship between the explosive power of the arm muscle with the result of repulsion of the bullet, obtained correlation coefficient $r_{y2} = 0.849$ which means that the variable of the explosive power of the arm muscle contributes to the result of the repulsion of the shotgun by 84.90%, also obtained the determination value of 0.720 the result of shot put repulsion can be explained by the variable arm muscle explosive power of 72% (3). There is a relationship between Arm Length and Arm Muscle Explosion Power with the result of shot put together, with a double correlation coefficient $R_{y1-2} = 0.772\%$, this means that 77.20% The result of shot put repulsion is determined by Arm Length and Explosion of Muscle Arms together.

Key Word: *Arm Length, Arm Muscle Explosion Power, Results Of Shot Put*