

The relationship between Strength Endurance muscle arm and balance on the 10 Meter Air Rifle results in the members of the letterhead at the State University of Jakarta

ABSTRAK

The purpose of this research is to know 1). The relationship between strength endurance muscle arm (X_1) with the result of shooting 10 meters water rifle (Y), 2). The relationship between balance (X_2) with the result of shooting 10 meters water rifle (Y), 3). The relationship between strength endurance muscle arm (X_1) and balance (X_2) with the results of shooting 10 meters of water rifle (Y).

Data retrieval held on 4 November 2019 at the Faculty of Sports Sciences, Jakarta State University, data retrieval using associative or relationship research methods. The population in this study was all the students of the Jakarta State University, which amounted to 30 people. The use of data uses the total sampling method, and is obtained by an entire sample of 30 people. Instrument strength Endurance muscle sleeves do Pull Up. For the balance test using the Stand stroke tool. And for shooting by performing like a match, the technical statistical analysis used is a simple correlation technique and double correlation and is followed by a test of t at a significant level of $\alpha = 0.05$.

Results of data anaisis indicate that 1). Tecan the relationship between strength endurance muscle sleeve (X_1) with a shot of 10 meters water rifle (Y) shown with the correlation coefficient $r_{x_1y} = 0.628$ and coefficient of determination = 0.394 which means the number of contributions is 39.4%. 2). There is a link between the balance (X_2) with a shot of 10 meters water rifle (Y) shown with the correlation coefficient $r_{x_2y} = 0.531$ and coefficient of determination = 0.282 which means the sum of the contribution is 28.1%. 3). There is a meaningful relationship between strength endurance muscle sleeve (X_1) and balance (X_2) with a shot of 10 meters water rifle (Y) shown with the correlation coefficient = 0.687 and coefficient of determination = 0.472 which means the amount of its contribution 46.0%.

Keywords: *Strength Endurance muscle arm, balance, shoot 10 Meter Air Rifle*