

ABSTRAK

KONTRIBUSI *POWER* OTOT TUNGKAI, KESEIMBANGAN DAN KELENTUKAN PERGELANGAN KAKI TERHADAP KEMAMPUAN *SHOOTING* PEMAIN FUTSAL PUTRA UNIVERSITAS PERADABAN

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Latar Belakang: Cabang olahraga yang semakin digemari oleh semua lapisan masyarakat terutama kalangan pelajar dan mahasiswa saat ini yaitu olahraga futsal. Penelitian ini bertujuan untuk mengetahui seberapa besar (%) kontribusi *power* otot tungkai, keseimbangan, dan kelentukan pergelangan kaki terhadap keterampilan *shooting* pada cabang olahraga futsal

Metodologi: Penelitian jenis penelitian kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah pemain futsal putra Universitas Peradaban yang berjumlah 30 orang, sedangkan jumlah sampel yang diambil yaitu sebanyak 20 orang. Analisis data dalam penelitian ini menggunakan analisis regresi linier berganda uji normalitas, uji linearitas, uji hipotesis, dan sumbangan efektif serta sumbangan relatif.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa variabel *power* otot tungkai memiliki kontribusi terhadap variabel kemampuan *shooting* dengan nilai t hitung sebesar 2.162, nilai signifikansi sebesar 0.017 dan nilai SE sejumlah 27,7%, variabel keseimbangan memiliki kontribusi terhadap variabel kemampuan *shooting* dengan nilai t hitung sebesar 2.297, nilai signifikansi sebesar 0.024 dan nilai SE sejumlah 14,6%, dan variabel kelentukan pergelangan kaki memiliki kontribusi terhadap variabel kemampuan *shooting* dengan nilai t hitung sebesar 4.858, nilai signifikansi sebesar 0.000 dan nilai SE sejumlah 20,4%.

Kesimpulan: Terdapat kontribusi sebesar 44,2% dari *power* otot tungkai terhadap kemampuan *shooting* pemain futsal Putra Universitas Peradaban, dan terdapat kontribusi sebesar 23,3% dari keseimbangan terhadap kemampuan *shooting* pemain futsal Putra Universitas Peradaban, serta terdapat kontribusi sebesar 32,5% dari kelentukan pergelangan kaki terhadap kemampuan *shooting* pemain futsal Putra Universitas Peradaban.

Kata kunci: *power* otot tungkai, keseimbangan, kelentukan pergelangan kaki, dan keterampilan *shooting*.

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ABSTRACT

CONTRIBUTION OF LEG MUSCLE POWER, BALANCE AND ANKLE FLEXIBILITY TO SHOOTING ABILITY IN MEN'S FUTSAL PLAYERS PERADABAN UNIVERSITY

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Background: *The sport that is increasingly favored by all levels of society, especially among students and college students today is futsal. This study aims to determine how much (%) the contribution of leg muscle power, balance, and ankle flexibility to shooting skills in futsal.*

Methodology: *This type of research is quantitative research with a correlational approach. The population in this study were male futsal players from the University of Civilization, totaling 30 people, while the number of samples taken was 20 people. Data analysis in this study used multiple linear regression analysis of normality test, linearity test, hypothesis testing, and effective contribution and relative contribution.*

Research Results: *The results showed that the leg muscle power variable contributed to the shooting ability variable with a t-count value of 2.162, a significance value of 0.017 and a SE value of 27.7%, the balance variable contributed to the shooting ability variable with a t-count value of 2.297, the value of a significance of 0.024 and an SE value of 14.6%, and the ankle flexibility variable contributed to the shooting ability variable with a t-count value of 4.858, a significance value of 0.000 and an SE value of 20.4%.*

Conclusion: *There is a contribution of 44.2% of leg muscle power to the shooting ability of the men's futsal players of the University of Peradaban, and there is a contribution of 23.3% of the balance to the shooting abilities of the men's futsal players of the University of Peradaban, and there is a contribution of 32.5% of the wrist flexibility. feet on the shooting ability of men's futsal players at the University of Civilization.*

Keywords: *leg muscle power, balance, ankle flexibility, and skills shooting.*

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