

Abstrak

HUBUNGAN ANTARA KEKUATAN OTOT LENGAN, OTOT PERUT DAN OTOT PINGGANG DENGAN KEMAMPUAN *HEADSTAND* MAHASISWA PJKR ANGKATAN 2018 UNIVERSITAS JENDERAL SPOEDIRMAN

Latar Belakang : Kemampuan *headstand* dipengaruhi oleh kekuatan otot lengan, otot perut dan otot pinggang. Penelitian ini bertujuan untuk mengetahui hubungan antara kekuatan otot lengan , otot perut dan otot pinggang dengan kemampuan *headstand* mahasiswa PJKR angkatan 2018 berjenis kelamin laki-laki.

Metodologi : Metode yang digunakan adalah studi korelasi analitik dengan pendekatan *cross sectional* dan pengambilan sampel 30 mahasiswa menggunakan *purposive sampling* dengan memperhatikan kriteria inklusi dan eksklusi. Instrumen penelitian kekuatan otot lengan menggunakan *push up*, kekuatan otot perut menggunakan *sit up*, dan kekuatan otot pinggang menggunakan *back up*. Uji Statistik menggunakan *chi square*, korelasi sederhana dan berganda.

Hasil Penelitian : Terdapat hubungan antara kekuatan otot lengan dengan kemampuan *headstand* $R_{hitung} : 0,387 > R_{tabel} 0,361$ dan memiliki sumbangan efektif 18,5%. Terdapat hubungan antara kekuatan otot perut dengan kemampuan *headstand* $R_{hitung} : 0,380 > R_{tabel} 0,361$ dan memiliki sumbangan efektif 16,2%. Terdapat hubungan antara kekuatan otot pinggang dengan kemampuan *headstand* $R_{hitung} : 0,368 > R_{tabel} 0,361$ dan memiliki sumbangan efektif 18,9%. Hubungan antara kekuatan otot lengan, otot perut dan otot pinggang dengan kemampuan *headstand* $R_{hitung} : 0,536 > R_{tabel} 0,361$ dan memiliki total sumbangan efektif 53,6%.

Kesimpulan : Terdapat hubungan antara kekuatan otot lengan, otot perut dan otot pinggang dengan kemampuan *headstand* pada mahasiswa PJKR angkatan 2018.

Kata Kunci : Kekuatan, otot lengan, otot perut, otot pinggang, *headstand*.

Abstract
**CORRELATION OF ARM MUSCLE STRENGTH, ABDOMINAL
MUSCLE STRENGTH, WAIST MUSCLE STRENGTH
WITH THE HEADSTAND ABILITY OF PJKR 2018
STUDENT CLASS OF JENDERAL SOEDIRMAN UNIVERSITY**

Background : The ability of headstand influenced arm muscle strength, abdominal muscle strength, waist muscle strength. The aim of the research to determine correlation of arm muscle strength, abdominal muscle strength, waist muscle strength with the headstand ability of PJKR 2018 and male sex.

Method : The method of the study is correlation analytic with cross sectional approach involving 30 student following purposive sampling technique and inclusion and exclusion criteria as a consideration. The value of arm muscle strength using push up, abdominal muscle strength using sit up and waist muscle strength using back up. Chi square, simple correlation and multiple correlation are used analysis data.

Result : The correlation between arm muscle strength with ability of headstand were $R_{\text{count}} : 0,387 > R_{\text{table}} 0,361$ and have an effective contribution 18,5%. Mean while abdominal muscle strength with ability of headstand were $R_{\text{count}} : 0,380 > R_{\text{table}} 0,361$ and have an effective contribution 16,2%. And last waist muscle strength with ability of headstand were $R_{\text{count}} : 0,368 > R_{\text{table}} 0,361$ and have an effective contribution 18,9. The correlation between arm muscle strength, abdominal muscle strength, waist muscle strength with ability of headstand was significant wit value $R_{\text{count}} : 0,536 > R_{\text{table}} 0,361$ and have an effective total contribution 53,6%.

Conclusion : There are significant correlation between arm muscle strength, abdominal muscle strength, and waist muscle strength with the headstand ability of PJKR 2018.

Keyword : Strength, arm muscle, abdominal muscle, waist muscle, headstand.