

Abstrak

HUBUNGAN PANJANG TUNGKAI, KEKUATAN OTOT PERUT, POWER OTOT TUNGKAI, DAN FLEKSIBILITAS TERHADAP KECEPATAN TENDANGAN *DOLLYO CHAGI* ATLET *TAEKWONDO* DI BANYUMAS

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Latar Belakang: *Taekwondo* merupakan seni beladiri yang melibatkan berbagai teknik serangan, salah satunya tendangan *dollyo chagi* yang memerlukan beberapa komponen fisik untuk mendukung keberhasilan tendangan tersebut. Penelitian bertujuan untuk mengetahui hubungan antara panjang tungkai, kekuatan otot perut, *power* otot tungkai, dan fleksibilitas terhadap kecepatan tendangan *dollyo chagi*

Metodologi: Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Sampel terdiri dari 30 atlet *Taekwondo* di Banyumas yang diambil dengan *purposive sampling*. Analisis data dilakukan melalui uji normalitas, uji linieritas, uji korelasi pearson, dan regresi berganda

Hasil Penelitian: Berdasarkan hasil analisis uji korelasi apabila nilai $\text{sig} < 0,05$ maka dapat disimpulkan memiliki hubungan antara variabel bebas dengan variabel terikat. Hasil analisis *product moment* panjang tungkai 0,127, kekuatan otot perut 0,003, *power* otot tungkai $< 0,001$, dan fleksibilitas 0,012. Secara keseluruhan, faktor-faktor tersebut memberikan kontribusi sumbangan efektif sebesar 61,1% terhadap kecepatan tendangan *dollyo chagi*.

Kesimpulan: Tidak ada hubungan panjang tungkai dengan kecepatan tendangan *dollyo chagi*, adanya hubungan yang signifikan kekuatan otot perut, *power* otot tungkai, dan fleksibilitas dengan kecepatan tendangan *dollyo chagi*.

Kata Kunci: *Taekwondo*, *Dollyo Chagi*, Panjang Tungkai, Kekuatan Otot Perut, *Power* Otot Tungkai, dan Fleksibilitas.

Abstract

CORRELATION BETWEEN LEG LENGTH, ABDOMINAL MUSCLE STRENGTH, LEG *POWER*, AND FLEXIBILITY ON THE SPEED OF *DOLLYO CHAGI* KICK IN *TAEKWONDO* ATHLETES IN BANYUMAS

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Background: *Taekwondo* is a martial art that involves various attack techniques, one of which is the *dollyo chagi* kick which requires several physical components to support the kick. The study aims to determine the correlation between the length of the cool-down, abdominal muscle strength, abdominal muscle strength, and cool-down on the speed of the *dollyo chagi* kick.

Methodology: This study employs a quantitative method with a correlational approach. The sample consists of 30 *Taekwondo* athletes in Banyumas selected through *purposive sampling*. Data analysis was conducted using normality tests, linearity tests, Pearson correlation tests, and multiple regression analysis.

Results: The criteria for correlation test decisions indicate that if the significance value is < 0.05 , it can be concluded that there is a correlation between the independent and dependent variables. The results of the product moment analysis showed that the correlation for leg length was 0.127, abdominal muscle strength was 0.003, leg *power* was < 0.001 , and flexibility was 0.012. Overall, these factors contributed 61.1% to the speed of the *dollyo chagi* kick.

Conclusion: There is no correlation between leg length and the speed of the *dollyo chagi* kick, while significant correlation exist between abdominal muscle strength, leg *power*, and flexibility with the speed of the *dollyo chagi* kick.

Keywords: *Taekwondo*, *Dollyo Chagi*, Leg Length, Abdominal Muscle Strength, Leg *Power*, and Flexibility