

ABSTRAK

HUBUNGAN KONDISI FISIK, ANTROPOMETRI, DAN KECERDASAN KOGNITIF TERHADAP KETERAMPILAN SMASH SALTO SEPAK TAKRAW PADA ATLET PUTRA KARESIDENAN BANYUMAS

Afri Nur Faozi¹, Rohman Hidayat², Didik Rilastiyo Budi³

Latar Belakang: Olahraga termasuk sepak takraw, berperan penting dalam perkembangan fisik, mental, dan spiritual. Penelitian menunjukkan bahwa kekuatan otot tungkai, antropometri, dan kecerdasan kognitif mempengaruhi kemampuan *smash* salto. Solusi yang diusulkan adalah pendekatan pelatihan yang menyeluruh, yang mencakup teknik, kekuatan fisik, antropometri, dan kecerdasan kognitif untuk meningkatkan prestasi atlet.

Metodologi: Penelitian ini mengidentifikasi hubungan antara *power* otot tungkai, kelincahan, koordinasi mata kaki, berat badan, panjang tungkai, dan kecerdasan kognitif dengan kemampuan *smash* salto pada atlet sepak takraw di Karesidenan Banyumas. Menggunakan desain korelasional, penelitian ini dilakukan pada Januari-Februari 2025 di Banyumas, Cilacap, Banjarnegara, dan Purbalingga, dengan 15 atlet putra yang dipilih secara purposive sampling. Instrumen yang digunakan antara lain tes Vertical Jump, Illinois Agility Run Test, Soccer Wall Voley, timbangan berat badan, meteran, Digit Span Test, dan drill *smash* salto. Penelitian ini bertujuan memberikan kontribusi pada pengembangan latihan yang lebih efektif untuk meningkatkan keterampilan *smash* salto.

Hasil Penelitian: Penelitian ini menganalisis hubungan antara kondisi fisik, antropometri, dan kecerdasan kognitif dengan keterampilan *smash* salto pada atlet sepak takraw putra di Karesidenan Banyumas. Hasilnya menunjukkan adanya hubungan signifikan antara beberapa variabel, seperti *power* otot tungkai ($p=0,006$), kelincahan ($p=0,042$), koordinasi mata-kaki ($p=0,038$), berat badan ($p=0,035$), panjang tungkai ($p=0,000$), dan kecerdasan kognitif ($p=0,007$) dengan keterampilan *smash* salto. Secara keseluruhan, semua variabel berkontribusi signifikan terhadap keterampilan *smash* salto ($p=0,003$). Temuan ini menegaskan pentingnya faktor fisik dan kognitif dalam meningkatkan keterampilan *smash* salto.

Kesimpulan: Terdapat Hubungan antara Kondisi Fisik, Antropometri, Dan Kecerdasan Kognitif Terhadap Keterampilan *Smash* Salto Sepak Takaraw Pada Atlet Putra Karesidenan Banyumas

Kata Kunci: Sepak Takraw, Smaash Salto, Kondisi Fisik, Antropometri, Kecerdasan Kognitif

ABSTRACT

The Relationship Between Physical Condition, Anthropometry, And Cognitive Intelligence On Smash Salto Skill In Male Sepak Takraw Athletes In The Banyumas Residency

Afri Nur Faozi¹, Rohman Hidayat², Didik Rilastiyo Budi³

Background: Sports including sepak takraw, play an important role in physical, mental, and spiritual development. Research shows that leg muscle strength, anthropometry, and cognitive intelligence affect the ability to execute a smash salto. The proposed solution is a comprehensive training approach that includes technique, physical strength, anthropometry, and cognitive intelligence to enhance athlete performance.

Research Methodology: This study aims to identify the relationship between leg muscle power, agility, ankle coordination, body weight, leg length, and cognitive intelligence with the ability to perform a smash salto in sepak takraw athletes in the Banyumas Residency. Using a correlational design, this research was conducted in January-February 2025 in Banyumas, Cilacap, Banjarnegara, and Purbalingga, with 15 male athletes selected through purposive sampling. The instruments used include the Vertical Jump test, Illinois Agility Run Test, Soccer Wall Voley, body weight scale, measuring tape, Digit Span Test, and smash salto drill. This study aims to contribute to the development of more effective training methods to improve smash salto skills.

Research Results: his study analyzes the relationship between physical condition, anthropometry, and cognitive intelligence with the smash salto skill in male sepak takraw athletes in the Banyumas Residency. The results show a significant relationship between several variables, such as leg muscle power ($p=0.006$), agility ($p=0.042$), ankle coordination ($p=0.038$), body weight ($p=0.035$), leg length ($p=0.000$), and cognitive intelligence ($p=0.007$) with the smash salto skill. Overall, all variables significantly contribute to the smash salto skill ($p=0.003$). These findings emphasize the importance of both physical and cognitive factors in improving the smash salto skill.

Conclusion: There is a relationship between physical condition, anthropometry, and cognitive intelligence with the smash salto skill in male sepak takraw athletes in the Banyumas Residency.

Keywords: Sepak Takraw, Smash Salto, Physical Condition, Anthropometry, Cognitive Intelligence