

Abstrak

KONTRIBUSI KESEIMBANGAN DINAMIS, KELINCAHAN, DAN WAKTU REAKSI TERHADAP KEMAMPUAN *DRIBBLING* PADA SISWA EKSTRAKURIKULER FUTSAL SMA N 1 BATURRADEN

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Latar Belakang: Teknik dasar futsal dapat digolongkan menjadi berbagai macam teknik dasar, salah satunya adalah teknik *dribbling*. Berdasarkan wawancara pada pelatih ekstrakurikuler futsal SMA N 1 Baturraden bahwasanya siswa yang mengikuti ekstrakurikuler saat melakukan *dribbling* bola masih sering lepas dan saat melakukan serangan balik siswa lambat dalam melakukan *dribbling*. Hal ini terindikasi kurangnya kemampuan teknik dasar yang mereka kuasai terbukti saat melakukan *dribbling* justru sering lepas. Sehingga peneliti membatasi penelitian apakah terdapat kontribusi antara keseimbangan dinamis, kelincahan, dan waktu reaksi terhadap kemampuan *dribbling*.

Metodologi: Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional. Populasi adalah siswa ekstrakurikuler futsal SMA N 1 Baturraden yang berjumlah 31 siswa. Pengambilan sampel menggunakan Teknik *purposive sampling* yang sebanyak 24 siswa. Analisis data penelitian ini menggunakan uji prasyarat dan uji hipotesis. Uji hipotesis yang digunakan adalah *pearson correlation*, uji korelasi ganda, uji regresi linear, dan uji regresi berganda.

Hasil Penelitian: Terdapat kontribusi yang signifikan antara keseimbangan dinamis dengan kemampuan *dribbling* futsal sebesar 22,1%. Terdapat kontribusi yang signifikan antara kelincahan dengan kemampuan *dribbling* futsal sebesar 35,8%. Terdapat kontribusi yang signifikan antara waktu reaksi dengan kemampuan *dribbling* futsal sebesar 42,1%. Keseimbangan dinamis, kelincahan, dan waktu reaksi secara bersama sama memberikan kontribusi terhadap kemampuan *dribbling* futsal sebesar 64,3%.

Kesimpulan: Keseimbangan dinamis, kelincahan, dan waktu reaksi berkontribusi dalam menunjang kemampuan *dribbling* futsal.

Kata Kunci: *Dribbling* futsal, keseimbangan dinamis, kelincahan, waktu reaksi.

Abstract

THE CONTRIBUTION OF DYNAMIC BALANCE, AGILITY, AND REACTION TIME TO DRIBBLING ABILITY IN STUDENTS OF THE FUTSAL EXTRACURRICULAR PROGRAM AT SMA N 1 BATURRADEN

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Background: Based on interviews with the futsal extracurricular coach at SMA N 1 Baturraden, it was found that students participating in the extracurricular program often struggle to maintain control of the ball while dribbling and are slow during counter-attacks. This indicates a lack of foundational technical skills, as evidenced by their frequent loss of control while dribbling. Therefore, the researcher aims to investigate whether there is a contribution from dynamic balance, agility, and reaction time to dribbling ability.

Methodology: This research uses a quantitative method with a correlational approach. The population consists of 31 students from the futsal extracurricular program at SMA N 1 Baturraden. The sampling technique employed is purposive sampling, involving 24 students. Data analysis for this study includes prerequisite tests and hypothesis tests. The hypothesis tests used are Pearson correlation, multiple correlation tests, linear regression, and multiple regression tests.

Research Results: There is a significant contribution between dynamic balance and futsal dribbling ability of 22.1%. There is a significant contribution between agility and futsal dribbling ability of 35.8%. There is a significant contribution between reaction time and futsal dribbling ability of 42.1%. Together, dynamic balance, agility, and reaction time contribute to futsal dribbling ability by 64.3%.

Conclusion: Dynamic balance, agility, and reaction time contribute to enhancing dribbling skills in futsal.

Keywords: Futsal dribbling, dynamic balance, agility, reaction time.