

ABSTRAK

HUBUNGAN ANTARA *POWER* OTOT TUNGKAI, KESEIMBANGAN, DAN KONSENTRASI DENGAN AKURASI *SHOOTING* SEPAKBOLA PADA ATLET PAKU JAYA SAKTI

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Latar Belakang: Sepakbola merupakan olahraga yang menuntut berbagai komponen teknik, salah satunya akurasi *shooting*. Akurasi *shooting* dipengaruhi oleh *power* otot tungkai, keseimbangan, dan konsentrasi. Berdasarkan observasi peneliti pada tim Paku Jaya Sakti, ditemukan bahwa 75% pemain melakukan kesalahan dalam *shooting*, seperti bola tidak mengarah ke gawang dan titik *impac* yang tidak tepat. Hal ini mengindikasikan kurangnya penguasaan teknik dasar. Sehingga peneliti membatasi penelitian apakah terdapat hubungan antara *power* otot tungkai, keseimbangan dan konsentrasi dengan akurasi *shooting*.

Metodologi: Penelitian ini menggunakan metode korelasional dengan pendekatan kuantitatif. Sampel penelitian terdiri dari 26 atlet sepak bola Paku Jaya Sakti berusia 12-15 tahun yang dipilih menggunakan teknik purposive sampling. Variabel yang diukur meliputi *Power* otot tungkai (*standing board jump*), keseimbangan (*dynamic balance test*), konsentrasi (tes *kraepelin*), dan akurasi *Shooting* (tes menembak ke gawang bertarget). Analisis data penelitian ini menggunakan uji prasyarat dan uji hipotesis. Uji hipotesis yang digunakan adalah *pearson corellation* dan uji korelasi ganda.

Hasil Penelitian: Hasil analisis menunjukkan adanya hubungan yang signifikan antara *Power* otot tungkai dengan akurasi *Shooting* ($r = 0,761$; $p < 0,05$), keseimbangan dengan akurasi *Shooting* ($r = 0,444$; $p < 0,05$), serta konsentrasi (kecepatan, ketelitian, keajegan, dan ketahanan) dengan akurasi *Shooting* (r berkisar antara 0,503 hingga 0,686; $p < 0,05$). Analisis regresi menunjukkan bahwa variabel *Power* otot tungkai memiliki kontribusi terbesar terhadap akurasi *Shooting* dibandingkan keseimbangan dan konsentrasi.

Kesimpulan: Terdapat hubungan yang signifikan antara *power* otot tungkai, keseimbangan, dan konsentrasi dengan akurasi *Shooting* pada atlet Paku Jaya Sakti.

Kata Kunci: *Power* otot tungkai, keseimbangan, konsentrasi, akurasi *Shooting*.

ABSTRACT

CORELATIONS BETWEEN LEG MUSCLE *POWER*, BALANCE, AND CONCENTRATION WITH *FOOTBAL SHOOTING* ACCURACY IN PAKU JAYA SAKTI ATHLETES

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Background: Football is a sport that demands various technical components, one of which is shooting accuracy. Shooting accuracy is influenced by leg muscle power, balance, and concentration. Based on the researcher's observation of the Paku Jaya Sakti team, it was found that 75% of the players made errors in shooting, such as the ball not being directed toward the goal and incorrect impact points. This indicates a lack of mastery in basic techniques. Therefore, the researcher limits the study to examining whether there is a relationship between leg muscle power, balance, and concentration with shooting accuracy.

Methodology: This study used a correlational method with a quantitative approach. The research sample consisted of 26 Paku Jaya Sakti soccer athletes aged 12-15 years, selected using purposive sampling. The measured variables included leg muscle Power (standing board jump), balance (dynamic balance test), concentration (Kraepelin test), and Shooting accuracy (targeted goal Shooting test). Data analysis in this study involved prerequisite tests and hypothesis testing. The hypothesis tests used were Pearson correlation and multiple correlation tests.

Research Results: The analysis results showed a significant relationship between leg muscle Power and Shooting accuracy ($r = 0.761$; $p < 0.05$), balance and Shooting accuracy ($r = 0.444$; $p < 0.05$), as well as concentration (speed, accuracy, consistency, and endurance) with Shooting accuracy (r ranging from 0.503 to 0.686; $p < 0.05$). Regression analysis indicated that the leg muscle Power variable contributed the most to Shooting accuracy compared to balance and concentration.

Conclusion: There is a significant relationship between leg muscle Power, balance, and concentration with Shooting accuracy in Paku Jaya Sakti soccer athletes.

Keywords: Leg muscle Power, balance, concentration, Shooting accuracy.