

ABSTRAK

HUBUNGAN *POWER* TUNGKAI, *POWER* LENGAN, DAN KOORDINASI MATA TANGAN DENGAN KEMAMPUAN *FREE- THROW* BOLA BASKET PADA MAHASISWA PJKR UNSOED

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Latar Belakang: Kemampuan *free-throw* bola basket dipengaruhi oleh *power* tungkai, *power* lengan, dan koordinasi mata tangan. Penelitian ini bertujuan untuk mengetahui hubungan *power* tungkai, *power* lengan, dan koordinasi mata tangan dengan kemampuan *free-throw* bola basket pada mahasiswa PJKR Unsoed.

Metode Penelitian: Penelitian ini merupakan penelitian korelasional dengan pendekatan *cross sectional*. Metode yang digunakan adalah survei dengan teknik pengambilan data menggunakan tes dan pengukuran. Sampel dalam penelitian ini menggunakan 41 mahasiswa PJKR Unsoed diambil dengan teknik *purposive sampling*. Instrumen penelitian pada *power* tungkai menggunakan *vertical jump test*, *power* lengan menggunakan *two-hand medicine ball put test*, koordinasi mata tangan menggunakan tes lempar tangkap bola tenis, dan kemampuan *free-throw* menggunakan tes 10 kali melakukan *free-throw*. Analisa data pada uji prasyarat, uji normalitas menggunakan *shapiro wilk*, uji linearitas menggunakan *ramsey reset test*, dan uji homogenitas menggunakan *gletser*. Analisis data pada uji hipotesis menggunakan *pearson product moment* dan korelasi berganda.

Hasil Penelitian: Terdapat hubungan antara *power* tungkai dengan kemampuan *free-throw* sebesar $r = 0,537$ (25,77%). Terdapat hubungan antara *power* lengan dengan kemampuan *free-throw* sebesar $r = 0,738$ (37,19%). Terdapat hubungan antara koordinasi mata tangan dengan kemampuan *free-throw* sebesar $r = 0,421$ (10,86%). Terdapat hubungan antara *power* tungkai, *power* lengan, dan koordinasi mata tangan secara bersama-sama dengan kemampuan *free-throw* sebesar $r = 0,590$ $F = 11,205$.

Kesimpulan: Terdapat hubungan antara *power* tungkai dengan kemampuan *free-throw*. Terdapat hubungan antara *power* lengan dengan kemampuan *free-throw*. Terdapat hubungan antara koordinasi mata tangan dengan kemampuan *free-throw*. Terdapat hubungan antara *power* tungkai, *power* lengan, dan koordinasi mata tangan secara bersama-sama dengan kemampuan *free-throw*.

Kata Kunci: *Power*, Koordinasi Mata Tangan, *Free-throw*.

ABSTRACT

THE CORRELATION BETWEEN LEG POWER, ARM POWER, & HAND-EYE COORDINATION WITH BASKETBALL FREE-THROW ABILITY TOWARDS PJKR STUDENTS OF UNSOED

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Background of Study: Basketball free-throw ability was affected by leg power, arm power, and hand-eye coordination. The purpose of this study was to find out the correlation between leg power, arm power, and hand-eye coordination with basketball free-throw ability towards PJKR students of Unsoed.

Methods of Study: This study was a correlational research followed by cross sectional approach. The method used survey with tests and measurements as data collection techniques. The sample in this study used 41 PJKR Unsoed students taken by purposive sampling technique. Leg power instrument used vertical jump test, Arm power used two-hand medicine ball put test, hand-eye coordination used throw and catch of tennis ball, and free-throw ability used 10 times free-throw test. Analysis of prerequisite test data on normality test used shapiro wilk, linearity test used ramsey reset test, and gletser as homogeneity test. The data analys of hypothesis testing used, pearson product moment and double correlation.

Result of Study: There was a correlation between leg power and free-throw ability about $r = 0,537$ (25,77%). There was a correlation between arm power and free-throw ability about $r = 0,738$ (37,19%). There was a correlation between hand-eye coordination and free-throw ability about $r = 0,421$ (10,86%). There was a correlation between leg power, arm power, and hand-eye coordination at the same time with free-throw ability about $r = 0,590$ $F = 11,205$.

Conclusion: Based on result of the study above, There was a correlation between leg power and free-throw ability. There was a correlation between arm power and free-throw ability. There was a correlation between hand-eye coordination and free-throw ability. There was a correlation between leg power, arm power, and hand-eye coordination at the same time with free-throw ability.

Keywords: Power, Hand-Eye Coordination, Free-throw.