

Abstrak

HUBUNGAN POWER LENGAN, KELENTUKAN OTOT PUNGGUNG DAN KEKUATAN OTOT TUNGKAI DENGAN KEMAMPUAN GULING BELAKANG TUNGKAI LURUS PADA SISWA PUTRA SMP NEGERI 3 PURWOKERTO

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Latar Belakang: Kemampuan guling belakang tungkai lurus dipengaruhi oleh power lengan, kelentukan otot punggung dan kekuatan otot tungkai. Penelitian ini bertujuan untuk mengetahui hubungan antara power lengan, kelentukan otot punggung dan kekuatan otot tungkai dengan kemampuan guling belakang tungkai lurus siswa laki-laki usia 12-14 tahun.

Metodologi: Metode yang digunakan adalah studi observasional analitik dengan pendekatan *cross sectional* dan pengambilan sampel 39 anak menggunakan *purposive random sampling* dengan memperhatikan kriteria inklusi dan eksklusi. Instrumen penelitian power lengan menggunakan *ball medicine*, kelentukan otot punggung menggunakan *sit and reach* dan kekuatan otot tungkai menggunakan *leg dynamometer*. Uji statistik menggunakan *pearson product moment* dan korelasi ganda.

Hasil Penelitian: Ada hubungan antara power lengan dengan kemampuan guling belakang tungkai lurus $p = 0.00$, $r = 0.788$. Ada hubungan antara kelentukan otot punggung dengan kemampuan guling belakang tungkai lurus $p = 0.03$, $r = 0.465$. Ada hubungan antara kekuatan otot tungkai dengan kemampuan guling belakang tungkai lurus $p = 0.00$, $r = 0.758$. Ada hubungan antara power lengan, kelentukan otot punggung dan kekuatan otot tungkai dengan kemampuan guling belakang tungkai lurus $p = 0.00$, $r = 0.812$.

Kesimpulan: Terdapat hubungan antara power lengan, kelentukan otot punggung dan kekuatan otot tungkai dengan kemampuan guling belakang tungkai lurus.

Kata Kunci: Power, lengan, kelentukan, otot punggung, kekuatan, otot tungkai, guling belakang tungkai lurus

Abstract

CORRELATION OF ARM POWER, BACK MUSCLE FLEXIBILITY AND LEG MUSCLE STRENGTH WITH ABILITY OF STRAIGHT LEG BACK ROLL OF MALE STUDENTS JUNIOR HIGH SCHOOL 3 PURWOKERTO

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Background: The ability of straight leg back roll depend on arm power, back muscle flexibility and leg muscle strength. The aims of the research to determine correlation of arm power, back muscle flexibility and leg muscle strength with ability of straight leg back roll of 12-14 years old male students.

Method: The method of the study is observational analytic with cross sectional approach involving 39 students following purposive sampling technique and inclusion and exclusion criteria as a consideration. The value of arm power taken using medicine ball throw, back muscle flexibility using sit and reach and leg muscle strength using leg dynamometer. Pearson product moment and multiple correlation are used analysis data.

Results: The correlation between arm power with ability of straight leg back roll were $p = 0.00$, $r = 0.788$, mean while back muscle flexibility with ability of straight leg back roll were $p = 0.03$, $r = 0.465$ and at last leg muscle strength with ability of straight leg back roll were $p = 0.00$, $r = 0.758$. The correlation between arm power, back muscle flexibility and leg muscle strength with ability of straight leg back roll was significant with value $p = 0.00$, $r = 0.812$.

Conclusion: There are significant correlation between arm power, back muscle flexibility and leg muscle strength with ability of straight leg back roll.

Keyword: Arm, power, back muscle, flexibility, leg muscle, strength, straight leg back roll