

ABSTRAK

HUBUNGAN *POWER* OTOT LENGAN DAN KOORDINASI MATA-TANGAN DENGAN KEMAMPUAN *CHEST PASS* PERMAINAN BOLA BASKET PADA KELAS IX SMP NEGERI 1 KEDUNGBANTENG

Latar Belakang: Siswa memiliki kemampuan *chest pass* permainan bola basket yang sangat beragam. Hal tersebut dipengaruhi oleh beberapa faktor komponen fisik, antara lain: *power* otot lengan dan koordinasi mata-tangan. Penelitian ini bertujuan untuk mengetahui hubungan antara *power* otot lengan dan koordinasi mata-tangan secara bersama-sama dengan kemampuan *chest pass* permainan bola basket siswa kelas IX SMP Negeri 1 Kedungbanteng.

Metode Penelitian: Penelitian ini adalah penelitian korelasional dengan pendekatan *cross sectional* dan pengumpulan data menggunakan teknik survei dengan tes dan pengukuran. Sampel penelitian ini berjumlah 56 siswa dengan rincian siswa putra 28 orang dan siswi putri 28 orang. Teknik pengambilan sampel menggunakan *purposive sampling* dengan memperhatikan kriteria inklusi dan eksklusi. Instrumen *power* otot lengan menggunakan *two hand medicine ball put test*, koordinasi mata-tangan menggunakan lempar tangkap bola tenis, *chest pass* menggunakan *chest pass test* dengan sasaran tembok. Teknik analisis data menggunakan *pearson product moment* dan korelasi ganda.

Hasil Penelitian: Terdapat hubungan antara *power* otot lengan dengan kemampuan *chest pass* ($p = 0,000$ dan $r_{hitung} 0,540 > r_{tabel} 0,2632$). Terdapat hubungan antara koordinasi mata tangan dengan kemampuan *chest pass* ($p = 0,000$ dan $r_{hitung} 0,754 > r_{tabel} 0,2632$). Terdapat hubungan antara *power* otot lengan dan koordinasi mata-tangan secara bersama-sama dengan kemampuan *chest pass* ($p = 0,000$ dan $F_{hitung} 40,416 > F_{tabel} 3,17$).

Kesimpulan: Terdapat hubungan antara *power* otot lengan dengan kemampuan *chest pass*. Terdapat hubungan koordinasi mata-tangan dengan kemampuan *chest pass*. Terdapat hubungan antara *power* otot lengan dan koordinasi mata-tangan secara bersama-sama dengan kemampuan *chest pass* permainan bola basket.

Kata Kunci: *Power* otot lengan, permainan bola basket, koordinasi mata-tangan, dan *chest pass*.

ABSTRACT

THE RELATION BETWEEN ARM MUSCLE'S POWER AND EYE-HAND COORDINATION WITH THE ABILITY TO DO CHEST PASS IN NINE GRADER BASKETBALL PLAYERS OF MIDDLE SCHOOL 1 KEDUNGBANTENG

Background: Students have the ability to chest pass in basketball that are very diverse. This is influenced by several physical component factors, including: arm muscle power and eye-hand coordination. This research is aimed to understand the relation between arm muscle's power and eye-hand coordination simultaneously with the ability to do chest pass in nine grader basketball players of Junior High School 1 Kedungbanteng.

Research Method: This research is a correlational study that use cross sectional approach and survey technique with test and measurement in collecting the data. The sample of this research is 56 students with 28 male and 28 female. The technique used to collect the sample is purposive sampling with attention in inclusive and exclusive criteria. The instruments used in this research are arm muscle's power using two hand medicine ball put test, eye-hand coordination using throwing and catching ball tennis, chest pass using chest pass with wall as the target. The technique of data analysis is using pearson product moment and multiple correlation.

Research Result: There is correlation between arm muscle power and the ability to do chest pass ($p = 0,000$ and $T_{count} 0,2632$). There is correlation between eye-hand coordination and the ability to do chest pass ($p = 0,000$ and $T_{count} 0,754 > T_{table} 0,2632$). There is correlation between arm muscle's power and eye-hand coordination simultaneously with the ability to do chest pass ($p = 0,000$ and $F_{count} 40,416 > F_{table} 3,17$).

Conclusion: There is a correlation between the arm muscle's power with the ability to do chest pass. There is a correlation of eye-hand coordination with chest pass abilities. There is correlation between arm muscle's power and eye-hand coordination simultaneously with the ability to do chest pass in basketball players.

Key words: Arm muscle power, basketball game, eye-hand coordination, and chest pass.