

HUBUNGAN PANJANG TUNGKAI, PANJANG LENGAN DAN KEKUATAN OTOT LENGAN DENGAN KEMAMPUAN *FREE THROW SHOOT* SISWA PUTRA KELAS VIII SMP NEGERI 2 PURWOKERTO

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Abstrak

Latar Belakang: Kemampuan *free throw shoot* dipengaruhi oleh beberapa faktor, diantaranya adalah panjang tungkai, panjang lengan, dan kekuatan otot lengan. Penelitian ini bertujuan untuk mengetahui hubungan antara panjang tungkai, panjang lengan dan kekuatan otot lengan dengan kemampuan *free throw shoot* siswa putra usia 13-15 tahun.

Metodologi: Metode yang digunakan adalah tes dan pengukuran dengan pendekatan *cross sectional*, pengambilan sampel 40 siswa menggunakan *purposive sampling* dengan adanya kriteria inklusi dan eksklusi. Instrumen penelitian panjang tungkai dan panjang lengan menggunakan pita ukur (Fenanlampir, 2015), kekuatan otot lengan menggunakan *push up* 30 detik (Pelatihan Kesehatan Olahraga, 2000) *free throw shoot* dilakukan 10 kali percobaan dihitung bola yang masuk keranjang (Sodikun, 1992). Uji statistik menggunakan *pearson product moment* dan korelasi ganda.

Hasil Penelitian: 1. Ada hubungan signifikan antara panjang tungkai dengan kemampuan *free throw shoot* ($p=0,003$). 2. Ada hubungan signifikan antara panjang lengan dengan kemampuan *free throw shoot* ($p=0,001$). 3. Ada hubungan signifikan antara kekuatan otot lengan dengan kemampuan *free throw shoot* ($p=0,00$). 4. Ada hubungan antara panjang tungkai, panjang lengan dan kekuatan otot lengan secara bersama-sama dengan kemampuan *free throw shoot* ($p=0,00$) ($F_{hitung} 14,32 > F_{tabel} 2,86$)

Kesimpulan: Ada hubungan antara panjang tungkai, panjang lengan dan kekuatan otot lengan dengan kemampuan *free throw shoot*.

Kata Kunci: Panjang tungkai, panjang lengan, kekuatan otot lengan, *free throw shoot*.

The Relation between Leg Length, Arm Length, and Arm Muscle Strength with the Ability of Free Throw Shoot of Male Students of Eighth Grade Students of SMP Negeri 2 Purwokerto

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Abstract

Background : The ability of free throw shoot is affected by leg length, arm length, and arm muscle strength. This study aims to found the relation between leg length, arm length, and arm muscle strength with the ability free throw shoot of male students that age 13-15 years old.

Methodology: The research methods used to test and measurement by employing cross sectional approach, furthermore, the sampling was 40 students by using purposive sampling selected by apply inclusion and exclusion criteria. The research instrument of leg length and arm length used a measure tape (Fenanlampir, 2015), arm muscle strength finish by doing push-up 30 seconds (*Pelatihan Kesehatan Olahraga, 2000*), and free throw shoot finish by 10 shoot attempts counted if the balls got into the ring (Sodikum, 1992). Statistical test used Pearson Product Moment Correlation and multiple correlation.

Results: 1. There was a significant relation between leg length with the ability of free throw shoot ($p= 0,003$). 2. There was a significant relation between arm length with the ability of free throw shoot ($p= 0,001$). 3. There was a significant relation between arm muscle strength with the ability of free throw shoot ($p= 0,00$). 4. There was a relations between leg length, arm length, and arm muscle strength simultaneously and the ability of free throw shoot ($p= 0,00$) ($F_{count} 14,32 > F_{table} 2,86$).

Conclusion: There is a relation between leg length, arm length, and arm muscle strength with the ability of free throw shoot.

Keywords: leg length, arm length, arm muscle strength, free throw shoot.