

ABSTRAK

Andika Syaputra (2018) : Kontribusi *power* dan kelenturan pergelangan tangan terhadap hasil *Shooting* permainan bolabasket Siswa ekstrakurikuler SMKN Pertanian Terpadu Provinsi Riau

Tujuan penelitian ini adalah untuk mengetahui kontribusi *power* dan kelenturan pergelangan tangan terhadap hasil *Shooting* permainan bolabasket Siswa ekstrakurikuler SMKN Pertanian Terpadu Provinsi Riau. Jenis penelitian ini adalah penelitian korelasional 3 variabel. Populasi dalam penelitian ini adalah siswa ekstrakurikuler bola basket yang berjumlah 14 orang. teknik pengambilan sampel penelitian adalah secara *total sampling*. Dengan demikian jumlah sampel dalam penelitian ini adalah 14 orang. Instrumen yang digunakan dalam penelitian ini adalah menolak bole medicine, tes kelenturan pergelangan tangan dan tes *shooting* bola basket. Hasil perhitungan $r_{X1Y} = 0,625$. nilai r_{tabel} pada $df = 12$ adalah 0,532. Hasil perbandingan r hitung lebih besar dari r tabel. Hasil perhitungan $r_{X2Y} = 0,574$. nilai r_{tabel} pada $df = 12$ adalah 0,532. Hasil perbandingan r hitung lebih besar dari r tabel. Hasil perhitungan korelasi ganda $r_{X1X2Y} = 0,747$. nilai r didapat nilai r_{tabel} pada $df = 11$ adalah = 0.553. Artinya nilai $r_{hitung} 0,747 > r_{tabel} (0.553)$. kesimpulan dalam penelitian ini adalah Terdapat kontribusi *power* dan kelenturan pergelangan tangan terhadap hasil *Shooting* permainan bolabasket siswa ekstrakurikuler SMKN Pertanian Terpadu Provinsi Riau. Hasil perhitungan diperoleh koefisien korelasi ganda r_{hitung} sebesar 0,747. Persentase kontribusinya adalah 55,8%.

Kata kunci : *Power* Otot Lengan, Kelenturan Pergelangan Tangan, Atletik

ABSTRACT

Andika Syaputra (2018): Contribution of *power* and wrist flexibility to the results of *shooting* game basketball basketball extracurricular male students of the Integrated Agricultural Vocational School of Riau Province

The purpose of this study was to determine the contribution of *power* and wrist flexibility to the results of *shooting* game basketball basketball extracurricular male students of the Integrated Agricultural Vocational School of Riau Province. This type of research is correlational 3 variables. The population in this study were basketball extracurricular students totaling 14 people. The research sampling technique was total sampling. Thus the number of samples in this study is 14 people. The instrument used in this study was refusing bole medicine, wrist spasticity test and basketball *shooting* test. The calculation results of $r_{X1Y} = 0.625$. the value of r table at $df = 12$ is 0.532. The results of the r count comparison are greater than r tables. The calculation results of $r_{X2Y} = 0.574$. the value of r table at $df = 12$ is 0.532. The results of the r count comparison are greater than r tables. The results of the calculation of multiple correlations $r_{X1X2Y} = 0.747$. the value of r is obtained by the r table value at $df = 11$ is = 0.553. This means that the r count is $0.747 > r$ table (0.553). the conclusion in this study is that there is a contribution of *power* and wrist flexibility to the results of the *shooting* game of basketball extracurricular students of the Integrated Agricultural Vocational School of Riau Province. The results of the calculation are obtained by the coefficient of multiple correlation r count of 0.747. The percentage of contribution is 55.8%.

Keywords: Arm Muscle *Power*, Wrist Flexibility, Athletics