

ABSTRAK

Gilang Eka Prasetyo. 2018. Kontribusi *Power* Otot Tungkai Terhadap Kemampuan Tendangan Sabit Siswa Ektrakurikuler Pencak Silat SMA Muhammadiyah 1 Pekanbaru.

Berdasarkan hasil observasi yang penulis lakukan pada siswa ekstrakurikuler pencak silat SMA Muhammadiyah 1 Pekanbaru, peneliti menemukan masalah yaitu kurangnya kemampuan teknik dasar, kurangnya kekuatan, kurangnya kecepatan, kurangnya kelincahan dan kurangnya *power* otot tungkai. Tujuan penelitian ini dilakukan untuk mengetahui apakah terdapat kontribusi *Power* Otot Tungkai Terhadap Kemampuan Tendangan Sabit Siswa Ektrakurikuler Pencak Silat SMA Muhammadiyah 1 Pekanbaru.

Jenis penelitian ini adalah penelitian korelasional. Populasi penelitian ini adalah seluruh Siswa Ektrakurikuler Pencak Silat SMA Muhammadiyah 1 Pekanbaru berjumlah 12 orang, dan sampelnya berjumlah 12 orang. Penarikan sampel dalam penelitian ini adalah *total sampling*. Instrumen yang dilakukan dalam penelitian ini adalah tes *power* otot tungkai (*standing board jump*) dan tes tendangan sabit. Teknik analisis data yang di gunakan adalah uji r.

Berdasarkan teknik analisis data diketahui bahwa $r_{hitung} = 0,210 < r_{tabel} = 0,632$, maka dapat disimpulkan bahwa terdapat kontribusi *power* otot tungkai terhadap kemampuan terhadap kemampuan tendangan sabit siswa ekstrakurikuler pencak silat SMA Muhammadiyah 1 Pekanbaru sebesar 4,41%.

Kata Kunci : *Power* Otot Tungkai, kemampuanTendangan Sabit.

ABSTRACT

Gilang Eka Prasetyo. 2018. Contribution Of Limb Muscle Power To The Ability Of Crescent Kick Martial Art Student Extracurricular Pencak Silat Senior High School Muhammadiyah 1 Pekanbaru.

The background of this research at student extracurricular pencak silat Senior High School Muhammadiyah 1 Pekanbaru, by the problems found by researchers when performing field observations, the are lack of basic engineering skills, lack of strength, lack of speed, lack of agility and lack of leg muscle power. The purpose of this study was conducted to determine whether there is contribution of muscle limb power to the ability of crescent kick martial art student extracurricular pencak silat Senior High School Muhammadiyah 1 Pekanbaru.

This type of research is correlational research. Population this research is all student extracurricular pencak silat Senior High School Muhammadiyah 1 Pekanbaru with population of 12 people and sample amounted to 12 people. The sample of research is total sampling. Instruments performed in this research are the test of muscle limb power (standing board jump) and test ability of crescent kick martial art. The data analysis technique used is r test.

Based on data analysis techniques known that $r_{\text{calculated}} = 0.210 < r_{\text{table}} = 0.632$, it can be concluded that there is contribution of muscle limb power to the ability of crescent kick martial art student extracurricular pencak silat Senior High School Muhammadiyah 1 Pekanbaru that is 4,41%.

Keywords: Limb Muscle Power, Ability of Crescent Kick.