

ABSTRAK

Harry Yolanda Pangestu, 2018. Kontribusi *Eksplosive Power* Otot Lengan Terhadap Hasil Tolak Peluru Pada Siswa Kelas XI Putra SMA PGRI Rengat.

Penelitian ini bertujuan untuk mengetahui tentang kontribusi *eksplosive power* otot lengan siswa putra kelas XI SMA PGRI Rengat. Dimana populasi yang peneliti lakukan dilapangan adalah 20 orang. Jenis penelitiannya adalah korelasional (hubungan), yakni antara *eksplosive power* otot lengan (X) dan hasil tolak peluru (Y). Teknik pengumpulan data yang digunakan yaitu observasi, kepustakaan dan tes tolak peluru dan korelasi *product moment*. Berdasarkan hasil data yang diperoleh kontribusi *power* otot lengan dengan hasil tolak peluru, dimana r_{xy} (0,3126). Kemudian r_{tabel} pada taraf signifikan 5% (0,561) artinya hipotesis tidak diterima dan terdapat kurangnya kontribusi antara *eksplosive power* otot lengan terhadap hasil tolak peluru siswa putra kelas XI SMA PGRI Rengat. Dimana terdapat kontribusi sebesar 9,77%

Kata Kunci : *Power* Otot Lengan Dan Tolak Peluru

ABSTRACT

Harry yolanda pangestu, 2018. Explosive Contribution of Power of Arm Muscles Against Bullet Reject Results On Students of Class XI Putra SMA PGRI Rengat. -

This study aims to find out about the explosive contribution of muscle power of arms of boys class XI SMA PGRI Rengat. Where the population that researchers do in the field is 20 people. The type of research is correlational (relationship), ie between the explosive power arm muscle (X) and the result of a bullet (Y). Data collection techniques used were observation, literature and muscle shot put and correlation product moment. Based on the results data obtained the contribution of arm muscle power with the result of firing the bullet, where r_{xy} (0.3216). Then r_{tabel} at a significant level of 5% (0.561) means the hypothesis is accepted and there is a contribution between the explosive power arm muscle to the outcome of the bullet shot students of high school grade PGRI Rengat. Where there is a contribution of 9,77%

Keyword Power Muscle Arm And Reject Bullets