

ABSTRAK

INDRA JAYUSMAN. 2023. **Hubungan *power* otot tungkai dan otot perut terhadap kemampuan akurasi *shooting* futsal.** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Permasalahan yang diangkat dalam penelitian ini adalah adakah hubungan *power* otot tungkai dan otot perut terhadap kemampuan akurasi *shooting* futsal pada ekstrakurikuler futsal siswa SMAN 1 Kawali. Tujuan penelitian ini untuk mengetahui hubungan *power* otot tungkai dan otot perut terhadap kemampuan akurasi *shooting* futsal siswa SMAN 1 Kawali. Metode penelitian yang digunakan adalah metode statistic melalui pengujian hipotesa. Pada penelitian ini memiliki populasi dan sampel sebanyak 12 orang anggota ekstrakurikuler futsal SMAN 1 Kawali. Berdasarkan hasil penelitian, pengolahan data, analisis data, maka diketahui bahwa untuk menghasilkan prestasi *shooting* dalam futsal yang lebih baik dibutuhkan *power* otot tungkai dan *power* otot perut disamping faktor lainnya yakni factor Teknik dan lingkungan.

Kata Kunci : *Power* otot tungkai, otot perut, futsal.

ABSTRACT

INDRA JAYUSMAN. 2023. The relationship between leg and abdominal muscle power on the accuracy of futsal shooting. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The problem raised in this study is whether there is a relationship between leg and abdominal muscle power on the accuracy of shooting futsal in extracurricular futsal students at SMAN 1 Kawali. The purpose of this study was to determine the relationship between leg muscle power and abdominal muscles to the ability of futsal shooting accuracy for SMAN 1 Kawali students. The research method used is a statistical method through hypothesis testing. In this study, the population and sample were 12 members of the futsal extracurricular activity at SMAN 1 Kawali. Based on the results of research, data processing, data analysis, it is known that to produce better shooting performance in futsal requires leg muscle power and abdominal muscle power in addition to other factors, namely technical and environmental factors.

Keywords : Leg muscle power, abdominal muscles, futsal.