

## ABSTRAK

YULIA NUR WIDIASTUTI. 2024. **Kontribusi *Power Otot Tungkai Dan Keseimbangan Terhadap Tendangan Mae Geri Pada Atlet Karate UKM Universitas Siliwangi***. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi. Tasikmalaya

Tujuan dari penelitian ini adalah untuk mengetahui keberartian tentang kontribusi *power* otot tungkai dan keseimbangan terhadap tendangan *mae geri* pada atlet karate UKM Universitas Siliwangi. Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif dengan pendekatan korelasional, kuantitatif yang dilakukan sebanyak 1 kali pertemuan. Sampel dalam penelitian ini sebanyak 35 orang atlet UKM Karate Universitas Siliwangi. Berdasarkan hasil penghitungan determinasi, bahwa *Power* otot tungkai memiliki kontribusi yang signifikan terhadap tendangan *mae geri* sebesar 76%, keseimbangan memiliki kontribusi yang signifikan terhadap tendangan *mae geri* sebesar 59%, kontribusi keduanya yaitu *power* otot tungkai dan keseimbangan terhadap tendangan *mae geri* sebesar 78%, sedangkan sisanya sebesar 21% merupakan faktor lain. Kesimpulannya adalah terdapat kontribusi yang berarti *power* otot tungkai dan keseimbangan terhadap tendangan *mae geri* pada atlet karate UKM Universitas Siliwangi.

**Kata Kunci : Kontribusi, Power Otot Tungkai, Keseimbangan, Tendangan *Mae Geri***

## **ABSTRACT**

**YULIA NUR WIDIASTUTI. 2024. *Contribution of Leg Muscle Power and Balance to Mae Geri Kicks in UKM Karate Athletes at Siliwangi University. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University. Tasikmalaya.***

*The aim of this research is to determine the significance of the contribution of leg muscle power and balance to mae geri kicks in Siliwangi University UKM karate athletes. The research method used in this research is a descriptive research method with a correlational, quantitative approach which was carried out in 1 meeting. The sample in this study was 35 athletes from Siliwangi University Karate UKM. Based on the results of determination calculations, leg muscle power has a significant contribution to the mae geri kick of 76%, balance has a significant contribution to the mae geri kick of 59%, the second contribution is leg muscle power and balance to the mae geri kick of 78%, while the remaining 21% is due to other factors. The conclusion is that there is a significant contribution of leg muscle power and balance to mae geri kicks in Siliwangi University UKM karate athletes.*

**Keywords : *Contribution, Leg Muscle Power, Balance, Mae Geri Kicks***