

ABSTRAK

RIVAL KRISANTO, 2024. **KONTRIBUSI POWER OTOT TUNGKAI DAN POWER OTOT LENGAN TERHADAP HASIL SPIKE BOLA VOLI TIM PUTRI UKM BOLA VOLI UNIVERSITAS SILIWANGI**, Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi Tasikmalaya.

Tujuan penelitian ini yaitu untuk mengetahui Kontribusi Power Otot Tungkai dan Power Otot Lengan terhadap hasil Spike Permainan Bola Voli. Penelitian ini menggunakan metode deskriptif, dimana pengambilan data dilakukan hanya satu kali. Data penelitian diperoleh melalui serangkaian tes, yaitu tes Power Otot Tungkai, tes Power Otot Lengan dan tes spike bola voli. Populasi penelitian ini adalah Atlet UKM Bola Voli putri Universitas Siliwangi sebanyak 30 orang, dimana sampel diambil dengan menggunakan Purposive sample sebanyak 20 orang. Dari hasil pengolahan data dengan menggunakan rumus-rumus statistika, diperoleh hasil sebagai berikut : 1) Terdapat kontribusi yang berarti antara power otot tungkai terhadap hasil bola voli, 2) Terdapat kontribusi yang berarti antara power otot lengan terhadap hasil spike permainan bola voli, dan 3) Terdapat kontribusi yang berarti antara power otot tungkai dan power otot lengan secara bersama-sama terhadap hasil spike permainan bola voli pada Atlet UKM Bola Voli putri Universitas Siliwangi.

Kata Kunci: *Power otot tungkai, power otot lengan, spike Bola Voli.*

ABSTRACT

The purpose of this research is to determine the contribution of leg muscle power and arm muscle power to the results of volleyball spike performance. This study uses a descriptive method, where data collection is done only once. Research data were obtained through a series of tests, namely leg muscle power tests, arm muscle power tests, and volleyball spike tests. The research population consists of 30 female volleyball athletes from the Student Activity Unit (UKM) of Siliwangi University, with a purposive sample of 20 athletes selected. From data processing using statistical formulas, the following results were obtained: 1) There is a significant contribution of leg muscle power to volleyball spike performance, 2) There is a significant contribution of arm muscle power to volleyball spike performance, and 3) There is a significant joint contribution of leg muscle power and arm muscle power to volleyball spike performance among the female volleyball athletes of the Student Activity Unit at Siliwangi University. Based on the results of the research, the author suggests recommendations to coaches and trainers.

Keywords: *Leg muscle power, arm muscle power, volleyball spike.*