

ABSTRAK

Firman Maulana Putra. 2024. **Kontribusi *Power Otot Tungkai, Power Otot Lengan, Dan Fleksibilitas Punggung Terhadap Hasil *Jumping Service* Pada Permainan Bola Voli.*** (Studi Deskriptif pada Club Bola Voli Tunas Harapan). Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Kota Tasikmalaya.

Tujuan dari penelitian ini adalah untuk memperoleh informasi tentang kontribusi *Power Otot Tungkai Power Otot Lengan Dan Fleksibilitas Punggung Terhadap Hasil *Jumping Service** atlet Club voli Tunas Harapan. Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif, yang dilakukan sebanyak 1 pertemuan. Objek dari penelitian ini adalah Atlet Club Voli Tunas Harapan yang berada pada jenjang SMA yang berjenis kelamin laki-laki berjumlah 12 orang. Hasil penelitian menunjukkan bahwa adanya kontribusi *power otot tungkai power otot lengan dan fleksibilitas punggung terhadap hasil *jumping service** pada permainan bola voli atlet club voli tunas harapan. Hal ini terbukti berdasarkan hasil determinasi antar keempat variabel sebesar 73,96% sedangkan yang menjadi faktor lain sebesar 26,04%. Maka H_0 ditolak dan H_a diterima yang artinya terdapat kontribusi yang berarti antara *power otot tungkai, power otot lengan, dan fleksibilitas punggung terhadap hasil *jumping service** pada permainan bola voli atlet Club voli Tunas Harapan.

Kata Kunci : *Fleksibilitas Punggung, *Jumping Service*, Kontribusi, Power Otot Tungkai, Power Otot Lengan, Permainan Bola Voli.*

ABSTRACT

Firman Maulana Putra. 2024. ***Contribution of Limb Muscle Power, Arm Muscle Power, and Back Flexibility to the Results of Jumping Service in Volleyball.*** (Descriptive Study on Tunas Harapan Volleyball Club). Department of Physical Education. Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya City.

The purpose of this study was to obtain information about the contribution of Leg Muscle Power, Arm Muscle Power and Back Flexibility to the Jumping Service results of Tunas Harapan volleyball club athletes. The research method used in this research is a descriptive research method, which is carried out as much as 1 meeting. The object of this research is Tunas Harapan Volleyball Club athletes who are at the high school level who are male, totaling 12 people. The results showed that there was a contribution of leg muscle power, arm muscle power and back flexibility to the results of jumping service in the volleyball game of Tunas Harapan volleyball club athletes. This is evident based on the results of the determination between the four variables of 73.96% while the other factors are 26.04%. So H_0 is rejected and H_a is accepted, which means that there is a significant contribution between leg muscle power, arm muscle power, and back flexibility to the jumping service results in the volleyball game of Tunas Harapan volleyball club athletes.

Keywords: *Arm Muscle Power, Back Flexibility, Contribution, Volleyball, Limb Muscle Power, Jumping Service.*