

ABSTRACT

Rijal Abdussalam. 2022. Contribution of Wrist Flexibility and Arm Muscle Power to Smash in Badminton (Descriptive Study at PB. Leo, Tasikmalaya Regency), Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

The background of this research is that the smash hit in badminton relies more on the element of strength and good strokes by creating a series of movements according to the mechanics of motion supported by the contribution of flexibility in the muscle strength of the legs then the abdomen followed by the arms and wrists. The purpose of this study was to obtain data and describe the contribution of wrist flexibility and arm muscle power to smash speed in badminton at PB. Leo, Tasikmalaya Regency. The research method used in this research is descriptive method. This research is a correlational research, which is research conducted to determine whether there is a relationship between two or several variables, with data collection techniques using tests and measurements. The population in this study were badminton players at PB. Leo of Tasikmalaya Regency as many as 15 people using a total sampling technique, namely all badminton players in PB. Leo of Tasikmalaya Regency as many as 15 people. Based on data processing using SPSS, that: There is a significant contribution of wrist flexibility and arm muscle power together to smash hits in badminton on PB. Leo, Tasikmalaya Regency, with an Fcount of 33,505 > F table at a significance level of 5% and degrees of freedom 2;15 which is 3.68, and $Ry(x1.x2) = 0.921 > R(0.05)(15) = 0.482$. The magnitude of the contribution of wrist flexibility and arm muscle power to smash hits in badminton at PB. Leo of Tasikmalaya Regency is known by means of R value ($r^2 \times 100\%$). The value of r^2 is 0.848, so the contribution is 84.8%, while the remaining 15.2% is influenced by other factors.

Keywords : Contribution, Wrist Flexibility, Arm Muscle Power, Smash, Badminton Game