

ABSTRAK

Tujuan dari penelitian ini adalah untuk memperoleh informasi tentang kontribusi power otot lengan, fleksibilitas punggung dan koordinasi mata-tangan terhadap hasil servis tenis lapangan pada atlet tenis PELTI Kota dan Kabupaten Tasikmalaya. Metode penelitian yang digunakan adalah metode deskriptif. Populasi penelitian adalah atlet tenis PELTI Kota dan Kabupaten Tasikmalaya yang berjumlah 16 orang diambil menggunakan teknik *purposive sampling* yaitu usia 16-18 tahun. Berdasarkan hasil pengolahan data dengan uji statistik, ternyata secara empirik terdapat kontribusi power otot lengan, fleksibilitas punggung dan koordinasi mata-tangan terhadap hasil servis tenis lapangan pada atlet tenis PELTI Kota dan Kabupaten Tasikmalaya hasilnya hipotesis diterima dan termasuk kategori tinggi.

Kata Kunci : power otot lengan, fleksibilitas punggung, koordinasi mata-tangan, servis, tenis lapangan

ABSTRACT

The purpose of this study was to obtain information about the contribution of arm muscle power, back flexibility and eye-hand coordination to the results of court tennis service in PELTI tennis athletes in Tasikmalaya City and Regency. The method used is descriptive method. The population of the study was PELTI tennis athletes in Tasikmalaya City and Regency, which amounted to 16 people, taken using a purposive sampling technique, aged 16-18 years. Based on the results of data processing with statistical tests, it turns out that empirically there is a contribution of arm muscle power, back flexibility and eye-hand coordination to the results of field tennis services in PELTI tennis athletes in Tasikmalaya City and Regency, the results of the hypothesis are accepted and are in the high category.

Keywords: arm muscle power, back flexibility, hand-eye coordination, serve, tennis