

ABSTRAK

EVIN FAHRUDIN. 2022. Kontribusi *Power* Otot Lengan dan *Fleksibilitas* Pergelangan Tangan Terhadap Hasil Lemparan Atas Softball Club Siliwangi . Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Permasalahan yang diangkat dalam penelitian ini adalah Apakah terdapat kontribusi yang berarti *power* otot lengan dan *fleksibilitas* pergelangan tangan terhadap hasil lemparan atas softball club siliwangi. Tujuan penelitian ini adalah untuk mengetahui berarti atau tidaknya kontribusi *power* otot lengan dan *fleksibilitas* pergelangan tangan terhadap hasil lemparan atas softball club siliwangi. Metode penelitian yang digunakan adalah metode deskriptif dengan menggunakan Tes. Jumlah sampel 18 orang atlet putra dan putri Club Softball Siliwangi. Berdasarkan hasil pengolahan dan analisis data, maka dapat disimpulkan terdapat kontribusi yang berarti *power* otot lengan terhadap hasil lemparan atas, terdapat kontribusi yang berarti *fleksibilitas* pergelangan tangan terhadap hasil lemparan atas dan terdapat kontribusi yang berarti *power* otot lengan dan *fleksibilitas* pergelangan tangan secara bersama-sama terhadap hasil lemparan atas.

Kata Kunci : *Power* Otot Lengan, dan *Fleksibilitas* Pergelangan Tangan

ABSTRACT

EVIN FAHRUDIN. 2022. *Contribution of Arm Muscle Power and Wrist Flexibility to Club Siliwangi Softball Club's Top Throw Results. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

The problem raised in this study is whether there is a significant contribution of arm muscle power and wrist flexibility to the result of throwing the Siliwangi softball club. The purpose of this study was to determine whether or not the contribution of arm muscle power and wrist flexibility to the result of throwing the Siliwangi softball club. The research method used is a descriptive method using tests. The number of samples was 18 male and female athletes of Club Softball Siliwangi. Based on the results of data processing and analysis, it can be concluded that there is a significant contribution of arm muscle power to the result of the upper throw, there is a significant contribution of wrist flexibility to the result of the upper throw and there is a significant contribution of arm muscle power and wrist flexibility together to over-throw.

Keywords: Arm Muscle Power, and Wrist Flexibility