

ABSTRAK

RIFQI RIZQULLAH. 2023. **Kontribusi Power Otot Tungkai dan Fleksibilitas Bahu terhadap Kecepatan Renang 50 Meter Gaya Punggung (Studi Deskriptif pada Atlet Galunggung Aquatic Club (GAC) Tasikmalaya Tahun 2023).** Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui besarnya kontribusi power otot tungkai dan fleksibilitas bahu terhadap kecepatan renang 50 m gaya punggung. Jenis penelitian yang digunakan adalah metode deskriptif dengan pendekatan kuantitatif dengan satu kali pengambilan data (*one shoot model*) menggunakan sampel sebanyak 20 atlet. Teknik pengumpulan data tes power otot tungkai menggunakan tes *standing broad jump*, tes fleksibilitas bahu menggunakan tes *shoulder elevation*, sedangkan tes kecepatan renang dengan berenang 50 m gaya punggung. Hasil penelitian menunjukkan terdapat kontribusi antara power otot tungkai terhadap kecepatan renang gaya punggung 30,25%, terdapat kontribusi fleksibilitas bahu terhadap kecepatan renang gaya punggung 27,21%, terdapat kontribusi antara power otot tungkai dan fleksibilitas bahu terhadap kecepatan renang gaya punggung. Hal tersebut dibuktikan dari hasil uji signifikansi korelasi ganda dengan nilai F_{hitung} 5,59 > F_{tabel} 3,59 dan nilai kontribusinya yaitu 39,69% artinya variabel power otot tungkai dan variabel fleksibilitas bahu memberi kontribusi sebesar 39,69% terhadap kecepatan renang 50 m gaya punggung pada atlet *Galunggung Aquatic Club (GAC)*.

Kata kunci : power otot tungkai, fleksibilitas bahu, kecepatan renang 50 m gaya punggung

ABSTRACT

RIFQI RIZQULLAH. 2023. ***Contribution of Leg Muscle Power and Shoulder Flexibility to 50 Meter Backstroke Swimming Speed (Descriptive Study of Galunggung Aquatic Club (GAC) Tasikmalaya Athletes in 2023)***. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to determine the magnitude of the contribution of leg muscle power and shoulder flexibility to 50 m backstroke swimming speed. The type of research used is a descriptive method with a quantitative approach with one data collection (one shoot model) using a sample of 20 athletes. The data collection technique for the leg muscle power test uses the standing broad jump test, the shoulder flexibility test uses the shoulder elevation test, while the swimming speed test uses the 50 m backstroke swim. The results showed that there was a contribution between leg muscle power to backstroke swimming speed of 30.25%, there was a contribution of shoulder flexibility to backstroke swimming speed of 27.21%, there was a contribution between leg muscle power and shoulder flexibility to backstroke swimming speed. This is proven by the results of the multiple correlation significance test with the F_{count} value $5.59 > F_{\text{table}} 3.59$ and the contribution value is 39.69%, meaning that the leg muscle power variable and the shoulder flexibility variable contribute 39.69% to the 50 m swimming speed back of athletes Galunggung Aquatic Club (GAC).

Keywords: *leg muscle power, shoulder flexibility, swimming speed 50 m backstroke*