

ABSTRAK

ANDRI MUBAROK. 2024. **Hubungan Fleksibilitas Pergelangan Tangan Dan Koordinasi Mata Tangan Dengan Hasil Pukulan Servis Pendek Bulutangkis.** (Studi Deskriptif pada Atlet UKM Bulutangkis Universitas Siliwangi). Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Kota Tasikmalaya.

Tujuan dari penelitian ini adalah untuk memperoleh informasi tentang Hubungan fleksibilitas pergelangan tangan dan koordinasi mata tangan dengan hasil pukulan servis pendek bulutangkis atlet UKM Bulutangkis Universitas Siliwangi. Metode penelitian yang digunakan dalam penelitian ini adalah metode penelitian deskriptif. Sampel dari penelitian ini adalah atlet UKM Bulutangkis Universitas Siliwangi dengan populasi berjumlah 16 orang dan sampel sebanyak 16 orang dikarenakan teknik sampel yang digunakan adalah *total sampling*, yang terdiri dari laki-laki dan perempuan. Berdasarkan hasil pengolahan data diperoleh korelasi, Fleksibilitas pergelangan tangan (X1) dan Pukulan Servis Pendek (Y) sebesar 0,77%, sedangkan Koordinasi Mata Tangan (X2) dan Pukulan Servis Pendek (Y) sebesar 0,63%, dan Fleksibilitas Pergelangan Tangan (X1) dan Koordinasi Mata Tangan (X2) sebesar 0,59% Hal ini terbukti berdasarkan hasil dari tiga butir tes, yang artinya terdapat hubungan antara fleksibilitas pergelangan tangan dan koordinasi mata tangan dengan hasil pukulan servis bulutangkis atlet UKM Bulutangkis Universitas Siliwangi.

Kata Kunci : Hubungan, Fleksibilitas, Pergelangan Tangan, Koordinasi, Mata-Tangan, Servis Pendek, Bulutangkis.

ABSTRACT

ANDRI MUBAROK. 2024. *The relationship of wrist flexibility and hand eye coordination with badminton short serve stroke outcomes.* (Descriptive Study on Badminton UKM Athletes of Siliwangi University). 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 relationship between wrist flexibility and hand eye coordination with the results of badminton short serve strokes of Badminton UKM athletes of Badminton University of Siliwangi. The research method used in this study is a descriptive research method. The sample of this study was athletes of Badminton UKM Universitas Siliwangi with a population of 16 people and a sample of 16 people because the sample technique used was total sampling, consisting of men and women. Based on the results of data processing, correlation was obtained, wrist flexibility (X1) and Short Service Stroke (Y) by 0.77%, while Hand Eye Coordination (X2) and Short Service Stroke (Y) by 0.63%, and Wrist Flexibility (X1) and Hand Eye Coordination (X2) by 0.59% This is proven based on the results of three test items, which means that there is a relationship between wrist flexibility and hand eye coordination with the results of service strokes badminton athletes UKM Badminton Universitas Siliwangi.

Keywords: *relationship, flexibility, wrist, coordination, eye-hand, short serve, badminton.*