

ABSTRACT

WILDAN SURYA PRATAMA. 2025. **The Contribution of Leg Muscle *Power* and Arm Muscle *Power* to the *Smash* Ability in Volletball**. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This study aims to analyze the contribution of leg muscle *power* and arm muscle *power* to the *smash* ability of volleyball extracurricular members at SMA Negeri 8 Tasikmalaya. The research method used is descriptive quantitative. The study population consisted of all 30 members of the volleyball extracurricular at SMA Negeri 8 Tasikmalaya, with a total sampling approach used for sample selection. Data was collected through a vertical jump test for leg muscle *power*, a forward overhead medicine ball throws test for arm muscle *power*, and measurements of ball drop speed and target scores for *smash* ability. The collected data were analyzed using descriptive statistics (mean, standard deviation, variance), Chi-Square normality test, Pearson correlation analysis, and multiple correlation, followed by determination and F-tests. Based on the research findings, data processing, data analysis, and hypothesis testing, it can be concluded that: 1) There is a contribution of leg muscle *power* to *smash* ability in volleyball for extracurricular members at SMA Negeri 8 Tasikmalaya in the 2024/2025 academic year, with a contribution of 36%. 2) There is a contribution of arm muscle *power* to *smash* ability in volleyball for extracurricular members at SMA Negeri 8 Tasikmalaya in the 2024/2025 academic year, with a contribution of 16.81%. 3) There is a combined contribution of leg muscle *power* and arm muscle *power* to *smash* ability in volleyball for extracurricular members at SMA Negeri 8 Tasikmalaya in the 2024/2025 academic year, with a contribution of 42.25%.

Keywords: Leg Muscle *Power*, Arm Muscle *Power*, *Smash*, Volleyball.