

ABSTRAK

GILANG WANGI. 2025. **Kontribusi *Power* Otot Lengan Dan Koordinasi Mata Tangan Terhadap Ketepatan Servis Atas Bola Voli.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui kontribusi *power* otot lengan dan koordinasi mata tangan terhadap hasil servis atas dalam olahraga bola voli. Metode penelitian yang digunakan adalah metode kuantitatif dengan pendekatan korelasional. Sampel dalam penelitian ini adalah 20 anggota ekstrakurikuler bola voli di SMA Negeri 1 Jatiwaras. Pengumpulan data dilakukan dengan tiga tes, yaitu tes *Power* Otot Lengan yaitu *Two hand Medicine Ball Put (Chess Pass Test)*, Tes Koordinasi Mata Tangan yaitu *Hand Wall Toss Test*, dan Tes Servis Atas Bola Voli. Hasil penelitian menunjukkan bahwa *power* otot lengan memberikan kontribusi sebesar 31,08% terhadap hasil servis atas bola voli dengan korelasi 0,56 (hubungan sedang). Koordinasi mata tangan memberikan kontribusi sebesar 87,56% dengan korelasi 0,94 (hubungan sangat kuat). Secara bersama-sama, *power* otot lengan dan koordinasi mata tangan memberikan pengaruh sebesar 87,98% terhadap hasil servis atas bola voli dengan korelasi 0,94 (hubungan sangat kuat). Dari hasil penelitian ini dapat disimpulkan bahwa terdapat hubungan yang signifikan antara *power* otot lengan dan koordinasi mata tangan terhadap hasil servis atas bola voli. Oleh karena itu, program latihan yang mengutamakan *power* otot lengan dan koordinasi mata tangan sangat dianjurkan bagi atlet bola voli untuk mengoptimalkan hasil servis atas mereka.

Kata Kunci: *Power* Otot Lengan, Koordinasi Mata Tangan, Servis Atas, Bola Voli.

ABSTRACT

GILANG WANGI. 2025. *The Contribution of Arm Muscle Power and Hand-Eye Coordination to Volleyball Overhead Serve Accuracy*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study aims to determine the contribution of arm muscle power and hand-eye coordination to the results of the upper serve in volleyball. The research method used is a quantitative method with a correlational approach. The sample in this study were 20 members of the volleyball extracurricular at SMA Negeri 1 Jatiwaras. Data collection was carried out with three tests, namely the Arm Muscle Power test, namely Two-hand Medicine Ball Put (Chess Pass Test), the Hand-Eye Coordination Test, namely the Hand Wall Toss Test, and the Volleyball Upper Serve Test. The results showed that arm muscle power contributed 31.08% to the results of the volleyball upper serve with a correlation of 0.56 (moderate relationship). Hand-eye coordination contributed 87.56% with a correlation of 0.94 (very strong relationship). Together, arm muscle power and hand-eye coordination gave an influence of 87.98% to the results of the volleyball upper serve with a correlation of 0.94 (very strong relationship). From the results of this study it can be concluded that there is a significant relationship between arm muscle power and hand-eye coordination to the results of the volleyball upper serve. Therefore, a training program that prioritizes arm muscle power and hand-eye coordination is highly recommended for volleyball athletes to optimize their overhead serve results.

Keywords: Arm Muscle Power, Hand-Eye Coordination, Overhead Serve, Volleyball.