

ABSTRAK

FARHAN AKHMAD MULYANA. 2026. **Kontribusi *Power* Otot Tungkai Dan *Fleksibilitas* Pergelangan Tangan Terhadap kemampuan Pukulan *Jumping Smash* Pada Atlet UKM Bulutangkis Universitas Siliwangi.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui kontribusi *power* otot tungkai, *fleksibilitas* pergelangan tangan terhadap kemampuan pukulan *jumping smash* dalam permainan bulu tangkis. Metode yang digunakan dalam penelitian ini adalah deskriptif kuantitatif dengan metode penelitian korelasi. Populasi dalam penelitian ini adalah atlet unit kegiatan mahasiswa (UKM) Bulutangkis Universitas Siliwangi dan sampel berjumlah 12 orang dengan menggunakan teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini menggunakan 1) tes *power* otot tungkai (*vertical jump*), 2) tes *fleksibilitas* pergelangan tangan (Tes *Goniometer*), 3) tes *Jumping Smash*. Berdasarkan hasil pengolahan dan analisis data, terdapat kontribusi yang berarti penelitian yang diperoleh: (1) Terdapat kontribusi *Power* otot tungkai, terhadap kemampuan pukulan *jumping smash* dalam permainan bulutangkis pada atlet UKM bulutangkis Universitas Siliwangi, (2) Terdapat kontribusi *Fleksibilitas* pergelangan tangan, terhadap kemampuan pukulan *jumping smash* dalam permainan bulutangkis pada atlet UKM bulutangkis Universitas Siliwangi, (3) Terdapat kontribusi *power* otot tungkai, dan *fleksibilitas* pergelangan tangan, terhadap kemampuan pukulan *jumping smash* dalam permainan bulutangkis pada atlet UKM bulutangkis Universitas Siliwangi.

Kata kunci: **Bulutangkis, *Fleksibilitas* Pergelangan Tangan, *Jumping Smash* , *Power* Otot Tungkai,**

ABSTRACT

FARHAN AKHMAD MULYANA. 2026. *Contribution of Leg Muscle Power and Wrist Flexibility to Jumping Smash Ability in Badminton UKM Athletes of Siliwangi University*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to determine the contribution of leg muscle power and wrist flexibility to the ability of the jumping smash in badminton. The method used in this study is descriptive quantitative with correlation research method. The population in this study were athletes of the Badminton Student Activity Unit (UKM) of Siliwangi University and the sample amounted to 12 people using purposive sampling technique. The instruments used in this study used 1) leg muscle power test (vertical jump), 2) wrist flexibility test (Goniometer Test), 3) Jumping Smash test. which means that there is a significant contribution to the research obtained: (1) There is a contribution of leg muscle power to the ability to hit a jumping smash in badminton in badminton UKM athletes at Siliwangi University, (2) There is a contribution of wrist flexibility to the ability to hit a jumping smash in badminton in badminton UKM athletes at Siliwangi University, (3) There is a contribution of leg muscle power and wrist flexibility to the ability to hit a jumping smash in badminton in badminton UKM athletes at Siliwangi University.

Keywords: Badminton, Wrist Flexibility, Jumping Smash, Leg Muscle Power,