

ABSTRAK

AWLIYA LESTARI. 2025. **Kontribusi *Power* Otot Tungkai, *Power* Otot Lengan Dan Fleksibilitas Punggung Terhadap Hasil Renang Gaya Kupu-Kupu Pada Anggota *Galunggung Aquatic Club***. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui adanya kontribusi *power* otot tungkai, *power* otot lengan, fleksibilitas punggung terhadap hasil renang gaya kupu-kupu 50 meter atlet *Galunggung Aquatic Club* Kota Tasikmalaya. Penelitian ini menggunakan metode deskriptif-kuantitatif yang dimana mengumpulkan data penelitiannya dengan cara wawancara, observasi atau tes, dokumentasi serta perhitungan statistik. Populasi penelitian ini merupakan seluruh atlet renang *Galunggung Aquatic Club* KU II & KU III yang berjumlah 20 orang. Teknik pengambilan sampel menggunakan teknik *total sampling* dengan jumlah 20 orang. Instrumen yang digunakan adalah tes *standing broad jump*, *forward overhead medicine ball put*, *bridge-up*, dan renang gaya kupu-kupu 50 meter. Hasil penelitian, pengolahan data, analisis data dan pengujian hipotesis, maka dapat disimpulkan terdapat kontribusi yang sangat signifikan antara *power* otot tungkai, *power* otot lengan dan fleksibilitas punggung secara bersama-sama terhadap hasil renang gaya kupu-kupu 50 meter pada perennag *Galunggung Aquatic Club* Kota Tasikmalaya dengan nilai $R = 0,83$.

***Kata kunci:* Fleksibilitas punggung, *Power* otot lengan, *Power* otot tungkai, Renang gaya kupu-kupu.**

ABSTRAC

AWLIYA LESTARI. 2025. *Contribution Of Leg Muscle Power, Arm Muscle Power And Back Flexibility To The Results Of Butterfly Swimming In Galunggung Aquatic Club Members*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This research aims to determine the contribution of leg muscle power, arm muscle power, back flexibility to the results of the 50-meter butterfly swimming stroke of athletes at the Galunggung Aquatic Club in Tasikmalaya City. This study uses a descriptive-quantitative method in which research data is collected through interviews, observations or tests, documentation and statistical calculations. The population of this study was all swimming athletes at the Galunggung Aquatic Club KU II & KU III, totaling 20 people. The sampling technique used a total sampling technique with a total of 20 people. The instruments used were the standing broad jump test, forward overhead medicine ball put, bridge-up, and 50-meter butterfly swimming stroke. The results of the research, data processing, data analysis and hypothesis testing, it can be concluded that there is a very significant contribution between leg muscle power, arm muscle power and back flexibility together to the results of the 50-meter butterfly swimming stroke at the Galunggung Aquatic Club in Tasikmalaya City with an R value of 0.83.

Keywords: Arm muscle power, Back flexibility, Butterfly swimming, Leg muscle power.