

ABSTRAK

RAMDYA RACHIM. 2025. **Hubungan VO_{2max} , Daya Tahan Lengan dan Fleksibilitas Lengan Dengan Hasil Renang Gaya Bebas 400 Meter**. Jurusan Pendidikan Jasmani, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Tujuan dari penelitian ini adalah untuk mengetahui hubungan VO_{2max} , daya tahan lengan, fleksibilitas lengan dengan renang gaya bebas 400 meter pada klub *Galunggung Aquatic Club*. Metode penelitian yang digunakan adalah deskriptif kuantitatif. Populasi dalam penelitian ini adalah atlet klub renang *Galunggung Aquatic Club* yang berjumlah 11 orang. Penentuan sampel ini dilakukan dengan menggunakan teknik *purposive sampling* dengan jumlah 11 orang atlet renang. Berdasarkan hasil penelitian besarnya hubungan VO_{2max} terhadap renang gaya bebas 400m yaitu sebesar 57,76% dan tingkat korelasinya termasuk kategori tinggi (0,76), daya tahan lengan terhadap renang gaya bebas 400m adalah sebesar 36,00 % dan korelasinya termasuk kategori cukup (0,60) korelasi fleksibilitas lengan terhadap renang gaya bebas 400m sebesar 33,65 % dan nilai korelasinya termasuk kategori cukup (0,58), secara bersama-sama antara VO_{2max} , daya tahan lengan, dan fleksibilitas lengan terhadap renang gaya bebas 400m sebesar 59,29% dan nilai kontribusinya termasuk kategori tinggi (0,77).

Kata kunci: daya tahan lengan, fleksibilitas lengan, VO_{2max} , renang gaya bebas 400m.

ABSTRACT

RAMDYA RACHIM. 2025. *Relationship between VO₂max, Arm Endurance and Arm Flexibility with 400 Meter Freestyle Swimming Results*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya. The purpose of this study was to determine the relationship between VO₂max, arm endurance, arm transmission with 400 meter freestyle swimming at the Galunggung Aquatic Club. The research method used is descriptive quantitative. The population in this study were 11 athletes of the Galunggung Aquatic Club swimming club. The determination of this sample was carried out using a purposive sampling technique with a total of 11 swimming athletes. Based on the results of the study, the magnitude of the relationship between VO₂max and 400m freestyle swimming is 57.76% and the correlation level is included in the high category (0.76), arm endurance to 400m freestyle swimming is 36.00% and the correlation is included in the sufficient category (0.60) correlation with 400m freestyle arms is 33.65% and the correlation value is included in the sufficient category (0.58), together between VO₂max, arm endurance, and arms to 400m freestyle swimming is 59.29% and the contribution value is included in the high category (0.77).

Keywords: arm endurance, posting arms, VO₂max, 400m freestyle swimming