

ABSTRAK

Muhammad Nurrul Rahayu. 2026. **Kontribusi *Power* Otot Tungkai dan *Fleksibilitas* Panggul, Terhadap Hasil Shooting Permainan Futsal SMAN 1 Cigalontang.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Tujuan penelitian ini adalah untuk mengetahui kontribusi power otot tungkai dan fleksibilitas panggul terhadap hasil shooting dalam permainan futsal, baik secara parsial maupun simultan. Jenis penelitian yang digunakan adalah penelitian deskriptif kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah siswa yang mengikuti kegiatan ekstrakurikuler futsal di SMAN 1 Cigalontang 30 orang, dengan jumlah sample 14 orang, menggunakan teknik Purposive Sampling. Instrumen penelitian yang digunakan meliputi tes power otot tungkai menggunakan *Standing Long Jump Test*, tes fleksibilitas panggul menggunakan *Sit and Reach Test*, serta tes hasil *shooting* menggunakan tes menembak bola ke sasaran. Teknik analisis data menggunakan analisis statistik korelasional dan Determinasi. Berdasarkan hasil pengolahan data, menunjukkan bahwa terdapat kontribusi *power* otot tungkai terhadap hasil shooting dalam permainan futsal, terdapat kontribusi fleksibilitas panggul terhadap hasil shooting dalam permainan futsal, serta terdapat kontribusi *power* otot tungkai dan fleksibilitas panggul secara bersama-sama terhadap hasil *shooting* dalam permainan futsal siswa SMAN 1 Cigalontang. Kesimpulan dari penelitian ini adalah bahwa *power* otot tungkai dan fleksibilitas panggul memiliki kontribusi yang signifikan terhadap hasil *shooting* dalam permainan futsal.

Kata kunci: , fleksibilitas panggul, futsal, hasil *shooting*, *power* otot tungkai

ABSTRACT

Muhammad Nurrul Rahayu 2026. *The Contribution of Leg Muscle Power and Pelvic Flexibility to Shooting Results in Futsal Games of Students at SMAN 1 Cigalontang.*

Department of Physical Education, Faculty of Teacher Training and Education. This study is entitled The Contribution of Leg Muscle Power and Pelvic Flexibility to Shooting Results in Futsal Games of Students at SMAN 1 Cigalontang. The purpose of this study was to determine the contribution of leg muscle power and pelvic flexibility to shooting results in futsal games, both partially and simultaneously. This study employed a quantitative descriptive research method with a correlational approach. The population of this study consisted of students who participated in futsal extracurricular activities at SMAN 1 Cigalontang. The sample was determined using a purposive sampling technique. The research instruments used were the Standing Long Jump Test to measure leg muscle power, the Sit and Reach Test to measure pelvic flexibility, and a shooting accuracy test to measure shooting results. Data were analyzed using correlational statistical analysis. The results showed that leg muscle power had a significant contribution to shooting results in futsal games, pelvic flexibility had a significant contribution to shooting results in futsal games, and leg muscle power and pelvic flexibility simultaneously had a significant contribution to shooting results in futsal games of students at SMAN 1 Cigalontang. The conclusion of this study is that leg muscle power and pelvic flexibility significantly contribute to shooting results in futsal games.

Keywords: leg muscle power, pelvic flexibility, shooting results, futsal