

ABSTRAK

YANUAR SUKMANA. 2026. **Kontribusi Kekuatan Otot Lengan, Daya Tahan Otot Perut Dan *Power* Otot Tungkai Terhadap Kecepatan Renang 50 Meter Gaya Kupu-Kupu Pada Atlet Renang Tirta Alam *Swimming Club* Di Tasikmalaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui kontribusi kekuatan otot lengan, daya tahan otot perut dan *power* otot tungkai terhadap kecepatan renang 50m gaya kupu-kupu. Metode yang digunakan dalam penelitian ini adalah deskriptif kuantitatif dengan metode penelitian korelasi. Populasi dalam penelitian ini adalah atlet renang Tirta Alam *Swimming Club* di Tasikmalaya dan sampel berjumlah 7 orang dengan menggunakan teknik *purposive sampling*. Instrumen yang digunakan pada penelitian ini menggunakan 1) tes kekuatan otot lengan (*Pull And Push Dynamometer*), 2) tes daya tahan otot perut (*Sit Up*), 3) tes *power* otot tungkai (*Standing Long JumpTes*), 4) tes kecepatan renang 50m gaya kupu-kupu. Berdasarkan hasil determinasi, kontribusi sebesar 100 %, sedangkan sisanya 0 % merupakan faktor lain, maka H_0 ditolak dan H_a diterima yang artinya terdapat kontribusi yang berarti penelitian yang diperoleh: (1) Adanya kontribusi kekuatan otot lengan, terhadap hasil kecepatan renang 50m gaya kupu-kupu pada atlet renang Tirta Alam *Swimming Club*. (2) Adanya kontribusi daya tahan otot perut terhadap hasil kecepatan renang 50m gaya kupu-kupu pada atlet renang Tirta Alam *Swimming Club*. (3) Adanya kontribusi *power* otot tungkai terhadap hasil kecepatan renang 50m gaya kupu-kupu pada atlet renang Tirta Alam *Swimming Club*. 4) Adanya kontribusi kekuatan otot lengan, daya tahan otot perut dan *power* otot tungkai perut terhadap hasil kecepatan renang 50m gaya kupu-kupu pada atlet renang Tirta Alam *Swimming Club*.

Kata kunci: Kekuatan Otot Lengan, Daya Tahan Otot Perut, *Power* Otot Tungkai, Kecepatan Renang 50m Gaya Kupu-Kupu.

ABSTRACT

YANUAR SUKMANA. 2026. *Contribution of Arm Muscle Strength, Abdominal Muscle Endurance and Leg Muscle Power to the Speed of the 50-Meter Butterfly Swim in Tirta Alam Swimming Club Swimming Athletes in Tasikmalaya Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.*

This study aims to determine the contribution of arm muscle strength, abdominal muscle endurance and leg muscle power to the 50m butterfly style swimming speed. The method used in this study is quantitative descriptive with a correlation research method. The population in this study is Tirta Alam Swimming Club swimming athletes in Tasikmalaya and the sample is 7 people using purposive sampling techniques. The instruments used in this study used 1) arm muscle strength test (Pull And Push Dynamometer), 2) abdominal muscle endurance test (Sit Up), 3) leg muscle power test (Standing Long JumpTest), 4) 50m butterfly style swimming speed test. Based on the determination results, the contribution of 100%, while the remaining 0% is another factor, so H_0 is rejected and H_a is accepted, which means that there is a contribution that means that the research obtained: (1) The contribution of arm muscle strength, to the results of the 50m butterfly swim speed in Tirta Alam Swimming Club swim athletes. (2) The contribution of abdominal muscle endurance to the results of the 50m butterfly swim speed in Tirta Alam Swimming Club swimmers. (3) The contribution of leg muscle power to the results of the 50m butterfly swim speed in Tirta Alam Swimming Club swimmers. 4) The contribution of arm muscle strength, abdominal muscle endurance and abdominal leg muscle power to the results of the 50m butterfly swim speed in Tirta Alam Swimming Club swim athletes.

Keywords: arm muscle strength, abdominal muscle endurance, leg muscle power, 50m swim speed butterfly style.