

ABSTRAK

MUHAMMAD NUR RACHMAN. 2026. **Kontribusi *Power* Otot Tungkai dan Keseimbangan terhadap Tendangan *Mawashi Geri* pada Atlet UKM Karate Universitas Siliwangi.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan mengetahui kontribusi power otot tungkai dan keseimbangan terhadap tendangan *mawashi geri* pada atlet UKM Karate Universitas Siliwangi. Penelitian menggunakan metode deskriptif dengan pendekatan kuantitatif korelasional. Populasi penelitian berjumlah 35 anggota UKM Karate Universitas Siliwangi, dengan sampel sebanyak 15 atlet yang dipilih menggunakan teknik *purposive sampling*. Hasil penelitian menunjukkan bahwa power otot tungkai berkontribusi sebesar 40,96% terhadap tendangan *mawashi geri*, keseimbangan sebesar 28,09%, sedangkan kontribusi keduanya secara simultan sebesar 44,89%. Sisanya, yaitu 55,11%, dipengaruhi oleh faktor lain yang tidak diteliti. Berdasarkan hasil tersebut dapat disimpulkan bahwa power otot tungkai dan keseimbangan memberikan kontribusi yang signifikan terhadap kemampuan tendangan *mawashi geri* pada atlet UKM Karate Universitas Siliwangi. Hasil penelitian ini diharapkan menjadi bahan pertimbangan bagi pelatih dalam menyusun program latihan yang lebih efektif, bagi atlet untuk meningkatkan kualitas kondisi fisik melalui latihan yang teratur, serta bagi peneliti selanjutnya untuk menggunakan sampel yang lebih besar dan menambahkan variabel maupun instrumen pengukuran agar diperoleh hasil yang lebih komprehensif.

Kata kunci: *Power* otot tungkai, Tendangan *mawashi geri*

ABSTRACT

MUHAMMAD NUR RACHMAN. 2026. ***Contribution of Leg Muscle Power and Balance to Mawashi Geri Kicks in UKM Karate Athletes at Siliwangi University. Siliwangi.*** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aimed to determine the contribution of leg muscle power and balance to the mawashi geri kick performance of members of the Karate Student Activity Unit at Universitas Siliwangi. This study employed a descriptive method with a quantitative correlational approach. The population consisted of 35 members of the Karate Student Activity Unit, while 15 athletes were selected as the sample using purposive sampling. The results showed that leg muscle power contributed 40.96% to mawashi geri kick performance, while balance contributed 28.09%. Simultaneously, leg muscle power and balance contributed 44.89%, whereas the remaining 55.11% was influenced by other factors not examined in this study. It can be concluded that leg muscle power and balance have a significant contribution to the mawashi geri kick performance of athletes in the Karate Student Activity Unit at Universitas Siliwangi. The findings are expected to serve as a reference for coaches in designing more effective training programs, encourage athletes to improve their physical condition through regular and disciplined training, and provide recommendations for future researchers to involve larger samples, additional physical condition variables, and more diverse measurement instruments to obtain more comprehensive findings.

Keywords: Kick Mawashi Geri, Leg Muscle Power.