

ABSTRACT

WILDAN AHMAD HARTANTO. 2026. ***The Contribution of Arm Muscle Power, Wrist Fleksibilitas, and Eye-Hand Coordination to the Forehand Long Serve in Badminton.*** Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to determine the contribution of arm muscle power, wrist Fleksibilitas, and eye-hand coordination to the forehand long serve in badminton. A descriptive quantitative research method was employed. The population consisted of extracurricular athletes from SMAN 10 Tasikmalaya, with a sample of 15 individuals selected using purposive sampling. The instruments used in this study were: 1) arm muscle power test (Medicine Ball Put), 2) wrist Fleksibilitas test (Goniometer Test), 3) eye-hand coordination test (Hand Wall Toss Test), and 4) forehand long serve test. Based on the coefficient of determination, the contribution was 64.35%, while the remaining 35.35% was attributed to other factors; thus, the null hypothesis (H_0) was rejected and the alternative hypothesis (H_a) was accepted. The findings indicate: (1) There is a contribution of arm muscle power to the forehand long serve result in badminton among SMAN 10 Tasikmalaya extracurricular athletes. (2) There is a contribution of wrist Fleksibilitas to the forehand long serve result in badminton among SMAN 10 Tasikmalaya extracurricular athletes. (3) There is a contribution of eye-hand coordination to the forehand long serve result in badminton among SMAN 10 Tasikmalaya extracurricular athletes. (4) There is a contribution of arm muscle power, wrist Fleksibilitas, and eye-hand coordination to the forehand long serve result in badminton among SMAN 10 Tasikmalaya extracurricular athletes.

Keywords: Fleksibilitas, Coordination, Power, Serve.