

ABSTRAK

Gina Yamima. 2023. Hubungan Koordinasi Mata Tangan dan Daya Ledak Otot Tungkai dengan Ketepatan *Smash* Pemain Bola Voli Klub Pasmus Kayu Tanam. Skripsi. Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Bung Hatta.

Masalah dalam penelitian ini adalah belum akuratnya ketepatan *Smash* pemain bolavoli Klub Pasmus Kayu Tanam. Hal ini dipengaruhi oleh beberapa faktor, seperti koordinasi mata tangan dan daya ledak otot tungkai. Penelitian ini bertujuan untuk mengetahui hubungan koordinasi mata tangan dan daya ledak otot tungkai dengan ketepatan *Smash* pemain bolavoli Klub Pasmus Kayu Tanam.

Jenis penelitian ini adalah korelasional. Sebanyak 30 orang pemain bolavoli Klub Pasmus Kayu Tanam dijadikan sampel penelitian, yang diambil dengan teknik *Total Sampling*. Instrumen koordinasi mata tangan menggunakan *Ballwerfen Und-Fangen Test*, daya ledak otot tungkai menggunakan *Vertical Jump Test*, dan ketepatan *Smash* menggunakan tes *Smash* dengan kotak sasaran. Data dianalisis menggunakan teknik korelasi pada $\alpha = 0,05$.

Hasil penelitian menunjukkan: (1) terdapat hubungan yang signifikan antara koordinasi mata tangan dengan ketepatan *Smash* ($r_{hitung} = 0,630 > r_{tabel} = 0,361$ dan $t_{hitung} = 4,292 > t_{tabel} = 2,048$), (2) terdapat hubungan yang signifikan antara daya ledak otot tungkai dengan ketepatan *Smash* ($r_{hitung} = 0,742 > r_{tabel} = 0,361$ dan $t_{hitung} = 5,851 > t_{tabel} = 2,048$), dan (3) terdapat hubungan yang signifikan antara koordinasi mata tangan dan daya ledak otot tungkai secara bersama-sama dengan ketepatan *Smash* ($r_{hitung} = 0,852 > r_{tabel} = 0,361$ dan $F_{hitung} = 35,662 > F_{tabel} = 3,354$). Kesimpulannya, apabila pemain bolavoli Klub Pasmus Kayu Tanam ingin meningkatkan ketepatan *Smash* yang akurat, maka harus memiliki koordinasi mata tangan dan daya ledak otot tungkai yang baik.

Kata Kunci : Koordinasi Mata Tangan, Daya Ledak Otot Tungkai, Ketepatan Smash Bola voli

ABSTRACT

Gina Yamima. 2023. The Relationship of Hand Eye Coordination and Limb Muscle Explosiveness with Smash Accuracy in Volleyball Players of the Planting Timber Club Volleyball Players. Thesis. Health and Recreation Physical Education Study Program, Faculty of Teacher Training and Education, Bung Hatta University

The problem in this research is the inaccuracy of Smash players from the Pasmus Kayu Tanam Volleyball Player. This is influenced by several factors, such as hand eye coordination and leg muscle explosive power. This study aims to determine the relationship between eye-hand coordination and leg muscle explosiveness with the accuracy of smashes by volleyball players from the Pasmus Kayu Tanam Club.

This type of research is correlational. A total of 30 volleyball players from the Pasmus Kayu Tanam Club were used as research samples, which were taken using the Total Sampling technique. The hand eye coordination instrument used the Ballwerfen Und-Fangen Test, the explosive power of the leg muscles used the Vertical Jump Test, and the accuracy of the Smash used the Smash test with target boxes. Data were analyzed using correlation techniques at $\alpha = 0.05$.

The results showed: (1) there was a significant relationship between eye-hand coordination and smash accuracy ($r_{count} = 0.630 > r_{table} = 0.361$ and $t_{count} = 4.292 > t_{table} = 2.048$), (2) there was a significant relationship between leg muscle explosive power and accuracy Smash ($r_{count} = 0.742 > r_{table} = 0.361$ and $t_{count} = 5.851 > t_{table} = 2.048$), and (3) there is a significant relationship between eye-hand coordination and leg muscle explosive power together with the accuracy of Smash ($r_{count} = 0.852 > r_{table} = 0.361$ and $F_{count} = 35.662 > F_{table} = 3.354$). In conclusion, if a Kayu Tanan Pasmus Club volleyball player wants to improve their accuracy in their Smash, they must have good eye-hand coordination and leg muscle explosive power

Keywords : Hand Eye Coordination, Limb Muscle Explosiveness, Volleyball Smash Accuracy