

## ABSTRAK

### KONTRIBUSI KEKUATAN OTOT LENGAN, FLEKSIBILITAS PERGELANGAN TANGAN DAN KEKUATAN OTOT TUNGKAI TERHADAP HASIL FREE THROW PADA PERMAINAN BOLA BASKET

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Tujuan penelitian ini untuk mengetahui kontribusi kekuatan otot lengan, fleksibilitas pergelangan tangan dan kekuatan otot tungkai terhadap hasil free throw pada permainan bola basket. Metode penelitian yang digunakan adalah deskriptif. Fokus penelitian yang ditetapkan yaitu mengenai apakah terdapat kontribusi kekuatan otot lengan, fleksibilitas pergelangan tangan dan kekuatan otot tungkai terhadap hasil free throw pada permainan bola basket. Pengambilan sampel menggunakan teknik *total sampling*, jumlah sampel 10 orang atlet laki-laki UKM Bola Basket UPI. Alat pengumpulan data yang digunakan yaitu bola medicine, goniometer, leg dynamometer. Berdasarkan hasil penelitian yang telah dilakukan, Nilai  $R=0.435$  ini berarti bahwa korelasi antara variable  $X_1, X_2, X_3$  secara bersama dengan  $y$  adalah 0.435. Dari hasil perhitungan tersebut dapat dikatakan bahwa terdapat hubungan antara kekuatan otot lengan, fleksibilitas pergelangan tangan dan kekuatan otot tungkai terhadap hasil free throw pada permainan bola basket. Terlihat pada signifikan kekuatan otot lengan, fleksibilitas pergelangan tangan dan kekuatan otot tungkai terhadap hasil free throw dengan nilai  $Sig=0,717 > 0,05$  maka  $H_0$  ditolak, atau tidak terdapat kontribusi yang signifikan. Dari hasil tersebut ternyata dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kekuatan otot lengan, fleksibilitas pergelangan tangan, dan kekuatan otot tungkai terhadap hasil free throw pada permainan bola basket.

**Kata kunci : Kontribusi, Free Throw, Bola Basket.**

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**ABSTRACT****THE CONTRIBUTION OF THE ARM MUSCLES, WRIST FLEXIBILITY,  
AND THE LEG MUSCLES TOWARDS THE FREE THROW IN A  
BASKETBALL****Supervisor 1 : Bambang Erawan, M.Pd**

This study is aimed to investigate the contribution of the arm and the leg muscles, as well as wrist flexibility towards the free throw in a basketball. The method used in this study is the descriptive one. In this sense, this study examines if the free throw in a basketball is influenced by the strength of the arm and leg muscles, as well as wrist flexibility. Meanwhile, the technique called total sampling is used in this study with 10 male participants involved. Those participants are considered as basketball players from UPI. Moreover, a medicine ball, goniometer, as well as leg dynamometer are used in order to obtain further results on this study. Based on the findings of this study, the score  $R=0.435$  which means that the correlation between the variable X1, X2, and X3 along with Y is 0.435. In addition, the aforementioned measurement indicates that there is a significant contribution from the arm and the leg muscles, as well as wrist flexibility towards the free throw in a basketball. Moreover, the significance level of the arm and the leg muscles, as well as wrist flexibility shows up with  $\text{Sig}=0.717 > 0.05$  and  $H_0$  is rejected. Therefore, it can be concluded that there is a significant contribution from the arm and the leg muscles, as well as wrist flexibility to the free throw in a basketball.

**Keywords: Contribution, Free Throw, Basketball**

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