

ABSTRAK

Rizka Nur Ardini, 2024 **KONTRIBUSI POWER OTOT TUNGKAI, OTOT LENGAN DAN FLEKSIBILITAS PUNGGUNG TERHADAP KECEPATAN RENANG GAYA KUPU-KUPU 50**. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya

Penelitian ini bertujuan untuk mengetahui adanya kontribusi power otot tungkai, otot lengan, fleksibilitas punggung terhadap kecepatan renang gaya kupu-kupu 50 meter atlet *Galunggung Aquatic Club* Kota Tasikmalaya. Penelitian ini menggunakan metode deskriptif-kuantitatif yang dimana mengumpulkan data penelitiannya dengan cara wawancara, pengamatan, observasi atau tes, dokumentasi serta perhitungan statistik. Populasi penelitian ini merupakan seluruh atlet renang *Galunggung Aquatic Club* KU II yang berjumlah 25 orang. Teknik pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah 19 orang. Instrumen yang digunakan adalah tes *forward overhead medicine ball put*, *standing broad jump*, *bridge-up*, dan renang gaya kupu-kupu 50 meter. Hasil penelitian, pengolahan data, analisis data dan pengujian hipotesis, maka dapat di simpulkan terdapat kontribusi yang sangat signifikan antara power otot tungkai, otot lengan, dan fleksibilitas punggung secara bersama-sama terhadap kecepatan renang gaya kupu-kupu 50 meter pada perenang *Galunggung Aquatic Club* Kota Tasikmalaya dengan nilai $R = 0,86$.

Kata Kunci : *forward overhead medicine ball put*, *kayang*, **Renang Gaya kupu-kupu**, *standing broad jump*

ABSTRACT

Rizka Nur Ardini, 2024. **CONTRIBUTION OF LEG MUSCLES POWER, ARM MUSCLES AND BACK FLEXIBILITY TO BUTTERFLY STYLE SWIMMING SPEED 50**. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.

This research aims to determine the contribution of leg muscle power, arm muscles, back flexibility to the 50 meter butterfly swimming speed of Galunggung Aquatic Club athletes in Tasikmalaya City. This research uses a descriptive-quantitative method which collects research data by means of interviews, observations, observations or tests, documentation and statistical calculations. The population of this study was all Galunggung Aquatic Club KU II swimming athletes, totaling 25 people. The sampling technique used purposive sampling technique with a total of 19 people. The instruments used were the forward overhead medicine ball put test, standing broad jump, bridge-up, and 50 meter butterfly swimming. From the results of research, data processing, data analysis and hypothesis testing, it can be concluded that there is a very significant contribution between leg muscle power, arm muscles and back flexibility together to the 50 meter butterfly swimming speed of Galunggung Aquatic Club swimmers Tasikmalaya City with a value of $R = 0.86$.

Keywords: *forward overhead medicine ball put, bridge-up, butterfly swimming, standing broad jump*