

## ABSTRAK

Racmadi, Abdi. 2020., Kontribusi Kekuatan Otot Lengan dan Otot Perut Terhadap Ketepatan Servis Atas Dalam Permainan Bola Voli., Program Studi Pendidikan Jasmani, Fakultas Pedagogi dan Psikologi, Universitas PGRI Adi Buana Surabaya. Pembimbing: Dr. Ujang Rohman, M.Kes

Kata kunci : *kontribusi, kekuatan otot, ketepatan servis*

Penelitian ini adalah penelitian deskriptif yang bertujuan untuk mengetahui kontribusi kekuatan otot lengan dan otot perut terhadap ketepatan servis atas. Desain penelitian menggunakan rancangan penelitian korelasional melalui pendekatan deskriptif tiga variabel. Berdasarkan hasil analisis data menunjukkan bahwa nilai  $F_{hitung}$  sebesar 7.62 dan nilai  $F_{tabel}$  sebesar 3.5 ( $F_{reg} > F_{tabel}$ ) artinya ada kontribusi kekuatan otot lengan dan otot perut terhadap ketepatan servis atas dalam permainan bola voli ekstra kurikuler siswa SDN Ganting Gedangan Sidoarjo. Sedangkan besarnya kontribusi kekuatan otot lengan dan kekuatan otot perut memberikan sebesar 22.01% artinya total sumbangan efektif kekuatan otot lengan kekuatan otot perut sebesar 22.01% dan 78% kontribusi terhadap ketepatan servis atas berasal dari komponen-komponen yang lain. Artinya kontribusi kekuatan otot lengan dan kekuatan otot perut relatif efektif dalam meningkatkan ketepatan servis atas dalam permainan bola voli pada siswa yang mengikuti ekstrakurikuler bola voli di SDN Ganting Gedangan Sidoarjo.

## ABSTRACS

Racmadi, Abdi. 2020., Contribution of Arm and Abdominal Muscle Strength to Accuracy of Upper Servis in Volleyball Games, Physical Education Study Program, Faculty of Pedagogy and Psychology, University of PGRI Adi Buana Surabaya. Advisor: Dr. Ujang Rohman, M.Kes

Keywords: contribution, muscle strength, accuracy of servis

This research is a descriptive study which aims to determine the contribution of arm and abdominal muscle strength to the accuracy of the upper service. The research design used a correlational research design through a descriptive three-variable approach. Based on the results of data analysis, it shows that the calculated F value is 7.62 and the F table value is 3.5 ( $F_{\text{count}} > F_{\text{table}}$ ) which means that there is a contribution of arm muscle strength and abdominal muscles to the accuracy of the upper service in extracurricular volleyball games for students of SDN Ganting Gedangan Sidoarjo. While the contribution of arm muscle strength and abdominal muscle strength contributed 22.01%, meaning that the total effective contribution of arm muscle strength to abdominal muscle strength was 22.01% and 78% of the contribution to the accuracy of the upper service came from other components. This means that the contribution of arm muscle strength and abdominal muscle strength is relatively effective in improving the accuracy of the upper service in volleyball for students who take volleyball extracurricular activities at SDN Ganting Gedangan Sidoarjo.