

ABSTRAK

PENGARUH KELINCAHAN DAN KEKUATAN OTOT TUNGKAI TERHADAP KETEPATAN PASSING DALAM PERMAINAN FUTSAL TEAM UKAW PUTRI

Maria Regina Nona^{1*}, Jimmy Charter Atty², Christin P. M. Rajagukguk³

^{1,2,3}Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas
Keguruan dan Ilmu Pendidikan, Universitas Kristen Artha Wacana, Kupang,
Indonesia

email. mariareginnona@gmail.com

Latar belakang: Tim futsal UKAW Putri sebagai salah satu tim yang aktif dalam kompetisi antar universitas memiliki potensi yang baik. Namun, dalam pengamatan awal, masih ditemukan beberapa kendala dalam kelincahan dan kekuatan otot tungkai terhadap passing saat pertandingan. Hal ini diduga berkaitan erat dengan kondisi fisik pemain, khususnya dalam hal kelincahan dan kekuatan.

Tujuan penelitian: Adapun tujuan dari penelitian ini adalah untuk mengetahui dan menganalisis pengaruh kelincahan dan kekuatan otot tungkai terhadap passing pada permainan futsal.

Metode penelitian: Penelitian ini menggunakan metode deskriptif kuantitatif dengan pendekatan korelasional untuk mengetahui hubungan antara kelincahan dan kekuatan otot tungkai terhadap ketepatan passing dalam permainan futsal.

Hasil dan pembahasan: Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara kelincahan dengan ketepatan passing, serta antara kekuatan otot tungkai dengan ketepatan passing pada pemain futsal putri UKAW. Secara bersama-sama, kelincahan dan kekuatan otot tungkai memberikan kontribusi yang signifikan terhadap ketepatan passing.

Simpulan: (1) terdapat hubungan yang signifikan antara kelincahan terhadap ketepatan *passing* dalam permainan futsal pada tim UKAW putri memberikan kontribusi sebesar 74,15%; (2) terdapat hubungan yang signifikan antara kekuatan otot tungkai terhadap ketepatan passing dalam permainan futsal pada tim UKAW putri memberikan kontribusi sebesar 61,43%; (3) secara bersama-sama, kelincahan dan kekuatan otot tungkai memberikan kontribusi yang signifikan terhadap ketepatan passing memberikan kontribusi sebesar 83,8%.

Kata kunci: *kelincahan; kekuatan otot tungkai; ketepatan passing; futsal*

ABSTRACT

THE EFFECT OF AGILITY AND LEG MUSCLE STRENGTH ON PASSING ACCURACY AMONG PLAYERS OF THE UKAW WOMEN'S FUTSAL TEAM

Maria Regina Nona^{1*}, Jimmy Charter Atty², Christin P. M. Rajagukguk³

¹²³Physical Education, Health, and Recreation Study Program, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang, Indonesia

email. Mariareginnona@gmail.com

Background: The UKAW Women's Futsal Team, as one of the active teams in inter-university competitions, possesses good potential. However, preliminary observations revealed several obstacles related to agility and leg muscle strength affecting passing performance during matches.

Research objective: This study aims to determine and analyze the effect of agility and leg muscle strength on passing in futsal.

Research method: This study employed a quantitative descriptive method with a correlational approach to determine the relationship between agility and leg muscle strength and passing accuracy in futsal. The population consisted of all members of the UKAW women's futsal team, with the sampling technique using total sampling.

Result and discussion: The results showed a significant relationship between agility and passing accuracy, as well as between leg muscle strength and passing accuracy among the UKAW women's futsal players. Together, agility and leg muscle strength made a significant contribution to passing accuracy.

Conclusion: (1) there is a significant relationship between agility and passing accuracy in futsal among the UKAW women's team contributing 74,15%; (2) there is a significant relationship between leg muscle strength and passing accuracy in futsal among the UKAW women's team contributing 61,43%; (3) together, agility and leg muscle strength make a significant contribution to passing accuracy. It can therefore be concluded that agility and leg muscle strength are important physical factors that mutually support the improvement of passing accuracy among UKAW women's futsal players contributing 83,8%

Keyword: *agility; leg muscle strength; passing accuracy; futsal*