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THE CORRELATION BETWEEN LIMB LENGTH, STRENGTH ABDOMINAL MUSCLES, AND ARM MUSCLE STRENGTH ACCORDING TO THE SMESH RESULTS OF MEN VOLLYBALL TEAM MEN OF SANGGRAHAN VILLAGE

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Abstract: This study aimed to determine the correlation between leg length, abdominal muscle strength, and arm muscle strength according to the results of the men volleyball team of Sanggrahan Village.

This research used descriptive –quantitative researc, the form design used correlational method, and the data collecting techniques usied tests and measurements. The population in this study were 20 volleyball players. This research instrument used (1) leg length, (2) abdominal muscle strength, (3) arm muscle strength, and (4) smash results. The data analysis technique in this study used the Normality Test, Linearity Test, and Correlation Test.

The result showed that there was a positive correlation between leg length, abdominal strength, and arm muscle strength on the smesh results of the men volleyball team of the Sanggrahan Village. It was reinforced by the calculation results of the overall correlation of the independent variables. The results were in an R of 0.748 with a calculated F value of 6.767 > F table of 3.239, the effective contribution of all variables was 55.925%, while 51.282% of students came from other variables.

Keywords: abdominal muscles, arm muscles, Correlation, leg length, smash, volleyball.

PRELIMINARY

Indonesia is a country with the most people as fans and volleyball players in the world. The rapid development of volleyball has occurred on a national, regional and regional scale. Many volleyball teams are formed by certain parties to participate in various matches. Through the match can be formed mentally tough, physically strong and a high fighting spirit. This is as a result of the proliferation of competitions held not only at the national and regional levels, but also at the rural level.

The demands as a volleyball player include height, arm muscle strength, abdominal muscle strength, arm length, leg length, all of which have an important role in doing the smash. This physical condition is thought to have contributed to the results and quality of the volleyball players' goals. One of the basic techniques in volleyball apart from the over pass, the down pass, the block, the serve is the smash. Smes is a blow to kill the opponent's defense, but from a tactical point of view, it is an attack to gain value.

Smesh technique requires several components, including height, arm muscle strength, abdominal muscle strength, arm length, and leg length. A volleyball player who has a tall body tends to have a wide angle to direct the ball and over the net in a smash. Someone who has strong arm muscles and abdominal muscles will hit fast and hard so that the smash will be deadly. The length of the arm will provide support for a player to reach the ball that is above his head when making a maximum upper smash. The strength of the abdominal muscles is very supportive to do bending when doing smash so it will be easy to get points. Because arm muscle strength, abdominal muscle strength

and arm length are components that support the success of the Smes, therefore the researcher intends to raise the phenomenon of the correlation between leg length, abdominal muscle strength, and arm muscle strength on the results of the volleyball team of the Sanggrahan men's team.

Volleyball game is basically a sport played by two teams on each field separated by a net. The basic principle of volleyball game is to bounce the ball in the air so as not to let the ball touch the floor, the ball is played in as many as three touches in its own field and trying to get the ball from the touch to be crossed to the opponent's field through the net as difficult as possible (Marta Dinata, 2004: 8).

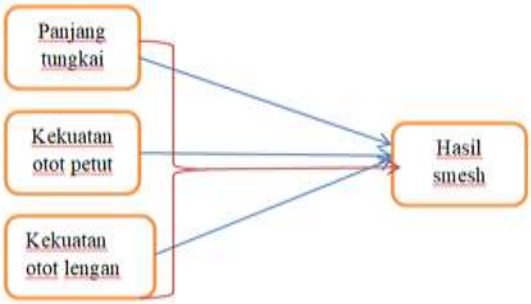
length itself is the distance between the sole of the *trocheater major* found in the upper femur to the sole of the foot in an upright position and attitude (James Tangkudung, 2006: 92). Thus the leg length in question is the distance from the groin to the base of a person's feet.

Muscle is one of the supports for someone who wants to achieve maximum performance. To achieve maximum performance, a person must have several important factors that can support the achievement of maximum performance. Muscle strength is an important element in the human body because muscle strength is a very important component to improve overall physical condition. With more muscle strength, the human body can perform its activities properly without experiencing significant fatigue. According to Djoko Pekik Irianto (2004: 4) Muscle strength is the ability of the muscles to fight the load in one effort. Strong muscles will make daily muscle work efficiently such as lifting, carrying and others and will shape the body for the better.

Muscle strength is the ability of muscles to use maximum power to lift weights (Len Kravitz, 2001: 6). The strength of the arm muscles in the smash is needed to control the hardness of the blow or the proximity of the smash, so that the ball can be directed to the desired field. (Abidin Akros, 2001: 75) states that mash is a way of hitting the ball using the hands from above the head, as an attempt to turn off the ball in the opponent's game.

RESEARCH METHODS

This research uses -quantitative descriptive form design using the method correlational and data collection techniques using tests and measurements . The following is an overview of the research design that will be used in this research:



Information:

Leg length X1, Abdominal muscle strength X2, Arm muscle strength X3, Smesh result Y

The population in this study were all male volleyball athletes in the Sanggrahan village as many as 20 people. This research instrument uses a leg length measurement test, an abdominal muscle strength test, an arm muscle strength test, and a test of the results of the sms on the target box that has been provided. While the data analysis techniques in this study used the Normality Test, Linearity Test, and Correlation Test.

RESULTS AND DISCUSSION

Prerequisite test is done before testing the hypothesis. The results of the prerequisite tests in the form of normality tests and linearity tests can be seen below.

1. Normality test

The purpose of the normality test is to find out whether the data obtained from each analyzed variable actually follows a normal distribution pattern or not. The variable normality test was carried out using the kai squared formula (χ^2), which is a way to test the normality of the variables by comparing the observed frequency distribution with the expected distribution. The rule used to determine whether a distribution is normal or not is if χ^2 observations < χ^2 tables, the distribution is declared normal and if χ^2 observations > χ^2 tables the distribution is said to be abnormal. The summary of normality test results can be seen in the table below.

Summary Table of Normality Test Results

Variable	Kai Squared (χ^2)			Information
	observation	db	table	
Leg Length	2,640	9	16,919	Normal
Abdominal muscle strength	2,797	7	14,419	Normal
Arm muscle strength	13,087	9	16,919	Normal
Smesh results	12,615	9	16,919	Normal

From the table above, it can be seen that the value of χ^2 observations of the four variables is greater than the χ^2 tables . So, the data above can be concluded to be normally distributed.

2. Linearity Test

The linearity test of the relationship was carried out through the F statistical test. The relationship between the variable leg length (x_1), the variable abdominal muscle strength (x_2), and the variable arm muscle strength (x_3) with the smesh result variable (y) was declared linear if the value of F table > F count with db = m; Nm-1 at the 5% significance level. The results of the linearity test can be seen in the table below.

Summary Table of Relationship Linearity Test Results

Functional Relationship	F			Conclusion
	count	db	table	
leg length (x1) with smesh result (y)	2.032	1:17	4,451	Linear
abdominal muscle strength (x2) with smesh results (y)	0.042	1:17	4,451	Linear
arm muscle strength (x3) with smesh results (y)	0.038	1:17	4,451	Linear

From the table above , it can be seen that the calculated F value of the three independent variables with the dependent variable is smaller than the F table. So it can be concluded that the results of the above calculations are linear.

prerequisite test conducted then the next step is to do a correlation test. The results of the correlation test can be seen in the table below:

Table of Correlation Test Results

Variable	**X1**	**X2**	**X3**	**Y**	**R table**
X1	1,000	0.071	0.111	0.462	0.426
X2	0.071	1,000	0.321	0.473	0.426
X3	0.111	0.321	1,000	0.557	0.426
Y	0.462	0.473	0.557	1,000	0.426

Based on the intercorrelation table above, it can be concluded that:

a. The price of the variable coefficient of limb length (X1) with a smesh result (Y) of 0.462 > 0.426. It can be concluded that there is a significant relationship between height and the results of the smesh
b. The value of the coefficient of abdominal muscle strength variable (X2) with the result of a smesh (Y) of 0.473 > 0.426. It can be concluded that there is a significant relationship between abdominal muscle strength and the results of the smash .
c. The value of the variable coefficient of arm muscle strength (X3) with a smesh (Y) result of 0.557 > 0.426. It can be concluded that there is a significant relationship between arm muscle strength and the results of smesh

After knowing the correlation coefficient for each of the variables above, then a summary of the general regression analysis of the three predictors is presented as follows:

F Test Results Table

Source of Variation	JK	db	RK	F	R	P
Regression	778,785	3	259.595	6,767	0.748	0.002
Residue	613,765	16	38,360			
Total	1,392,550	19				

Multiple regression analysis obtained a correlation coefficient (R123) of 0.748. To test whether the R value is significant or not, a regression line analysis of variance is performed, so that the F value is 6.767. The F value is then consulted with the F table with db = m:Nm-1 at a significance level of 5% of 3.239. Thus the value of F count > F table, so it can be concluded between leg length, abdominal muscle strength, and arm muscle strength variables with volleyball smash results.

The magnitude of the contribution of each independent variable to the dependent variable is described as follows:

Table of Effective Contribution and Relative Contribution

Variable	Correlation r xy	Correlation r par xy	Donation Weight	
			Relative SR%	Effective SE%
X1	0.462	0.507	38,100	21.307
X2	0.473	0.407	15,627	8,739
X3	0.557	0.506	46,274	25.879
Total			100,000	55,925

Based on the table above, it appears that the three independent variables contributed 55.925. In detail, the contribution of the variable leg length contributed 21.307% to the volleyball score, abdominal muscle strength contributed 8.739, and arm muscle strength contributed 25.879%.

1. First Hypothesis Test

   The first hypothesis reads "There is a relationship between the length of the limbs on the results of the volleyball score". The result of calculating the correlation between the two variables is 0.462 > 0.426 (r table). So the hypothesis that says there is a relationship between leg length and volleyball score is accepted.

2. Second Hypothesis Test

   The second hypothesis reads "There is a relationship between the strength of the abdominal muscles and the results of the volleyball score". The result of calculating the correlation between the two variables is 0.473 > 0.426 (r table). So the hypothesis which says there is a relationship between abdominal muscle strength and the results of a volleyball smash is accepted.

3. Third Hypothesis Test
   The third hypothesis reads "There is a relationship between arm muscle strength and the volleyball score". The result of calculating the correlation between the two variables is 0.557 > 0.426 (r table). So the hypothesis that says there is a relationship between arm muscle strength and volleyball score results is accepted.
4. Fourth Hypothesis Test
   The fourth hypothesis reads "There is a relationship between leg length, abdominal muscle strength, and arm muscle strength to the volleyball score". The result of calculating the overall correlation of the independent variables produces an R of 0.748 with an F count of 6.767 > F table of 3.239 . The effective contribution of all variables is 55.925%, while 51.282% of students come from other variables. So the hypothesis that there is a relationship between leg length, abdominal muscle strength, and arm muscle strength on the volleyball score is accepted.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that:

1. There is a significant relationship between leg length and the results of the volleyball team for the men's team at Sanggrahan Village.
2. There is a significant relationship between abdominal muscle strength and the results of the volleyball team of the male sanggrahan village team.
3. There is a significant relationship between arm muscle strength and the results of the volleyball team of the men's team at sanggrahan village.
4. There is a significant relationship between leg length, abdominal muscle strength, and arm muscle strength on the results of the volleyball team of the male sanggrahan team.

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