

ABSTRAK

Niko Bagas Yudika: *Hubungan Berat Badan, Tinggi Badan dan Panjang Tungkai terhadap Dribbling Sepakbola SSB Pusaka Kayen Tahun 2021*. Skripsi. Pacitan: STKIP PGRI Pacitan, 2021.

Salah satu cabang olahraga permainan yang menuntut keterampilan teknik bermain yang tinggi adalah sepakbola. Penelitian ini bertujuan untuk mengetahui hubungan berat badan, tinggi badan, dan panjang tungkai terhadap *dribbling* bola di SSB Pusaka Kayen.

Untuk mencari hubungan antara dua variabel atau lebih dilakukan dengan menghitung korelasi antar variabel yang akan di cari hubungannya. Jenis penelitian ini adalah penelitian korelasional. Sampel yang diambil dari populasi yang mengikuti SSB Pusaka Kayen. Sampel dalam penelitian ini adalah 11 orang. *Dribbling* bola dalam penelitian ini adalah kemampuan menggiring bola peserta SSB Pusaka Kayen dalam melewati beberapa rintangan dengan secepat-cepatnya. Pengukuran *dribbling* bola peserta SSB Pusaka Kayen di ukur dengan tes ketrampilan menggiring bola dari Nurhasan (2007: 212). Mencari hubungan berat badan (X1), tinggi badan (X2), dan panjang tungkai (X3) terhadap *dribbling* bola (Y).

Hasil analisis menunjukkan bahwa tidak ada hubungan berat badan terhadap *dribbling* bola SSB Pusaka Kayen, dengan nilai antara $r_{x1.y} = 0,595 > r(0.05)(11) = 0.620$, berarti koefisien korelasi tersebut tidak signifikan. Artinya tidak ada hubungan berat badan terhadap *dribbling* bola. Berdasarkan hasil analisis diperoleh koefisien korelasi tinggi badan terhadap *dribbling* bola sebesar 0.657 bernilai positif, artinya ada hubungan tinggi badan terhadap *dribbling* bola. Hasil analisis diperoleh koefisien korelasi panjang tungkai terhadap *dribbling* bola sebesar 0.589. Dengan demikian hipotesis yang berbunyi “Tidak ada hubungan yang signifikan antara panjang tungkai dengan terhadap *dribbling* bola”, tidak diterima. Artinya tidak ada hubungan yang signifikan antara panjang tungkai terhadap *dribbling* bola. Besarnya sumbangan berat badan, tinggi badan dan panjang tungkai terhadap *dribbling* bola diketahui dengan cara nilai $R = (r^2 \times 100\%)$. Nilai r^2 sebesar 0,806, sehingga besarnya sumbangan berat badan, tinggi badan dan panjang tungkai sebesar 80,6%, sedangkan sisanya sebesar 19,4% dipengaruhi oleh faktor lain yang tidak diteliti dalam penelitian ini.

Kata kunci: Berat badan, Tinggi Badan, Panjang Tungkai, *Dribbling* Sepakbola.

ABSTRACT

Niko Bagas Yudika: *The Relationship of Body Weight, Height and Leg Length on SSB Pusaka Kayen Soccer Dribbling in 2021.* Thesis. Pacitan: STKIP PGRI Pacitan, 2021.

One of the sports that require high technical playing skills is football. This study aims to determine the relationship between weight, height, and leg length on ball dribbling at SSB Pusaka Kayen.

To find the relationship between two or more variables, it is done by calculating the correlation between the variables to be searched for the relationship. This type of research is correlational research. Samples were taken from the population who followed the SSB Pusaka Kayen. The sample in this study were 11 people. The ball dribbling in this study is the ability to dribble the SSB Pusaka Kayen participants in passing several obstacles as quickly as possible. The measurement of the ball dribbling of SSB Pusaka Kayen participants was measured by a dribbling skill test from Nurhasan (2007: 212). Look for the relationship between weight (X1), height (X2), and leg length (X3) on ball dribbling (Y).

The results of the analysis show that there is no relationship between weight and ball dribbling at Pusaka Kayen SSB, with a value between $r_{x1.y} = 0.595 > r(0.05)(11) = 0.620$, meaning the correlation coefficient is not significant. This means that there is no relationship between body weight and ball dribbling. Based on the results of the analysis, the correlation coefficient of height on ball dribbling is 0.657, which is positive, meaning that there is a relationship between height and ball dribbling. The results of the analysis obtained that the correlation coefficient of leg length on ball dribbling was 0.589. Thus, the hypothesis which reads "There is no significant relationship between leg length and ball dribbling", is not accepted. This means that there is no significant relationship between leg length and ball dribbling. The amount of the contribution of body weight, height and leg length to ball dribbling is known by the value of $R = (r^2 \times 100\%)$. The value of r^2 is 0.806, so the contribution of weight, height and leg length is 80.6%, while the remaining 19.4% is influenced by other factors not examined in this study.

Keywords: *Weight, Height, Leg Length, Soccer Dribbling.*