

**HUBUNGAN FLEKSIBILITAS, POWER TUNGKAI, DAN POWER  
LENGAN DENGAN PRESTASI RENANG GAYA KUPU ATLET  
DISABILITAS JAWA BARAT**

**SKRIPSI**

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Sarjana  
Olahraga Program Studi Kepelatihan Fisik Olahraga



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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
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**HALAMAN PENGESAHAN**  
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**DISABILITAS JAWA BARAT**

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**ABSTRAK**  
**HUBUNGAN FLEKSIBILITAS POWER TUNGKAI DAN POWER**  
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**DISABILITAS JAWA BARAT**

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Tujuan penelitian ini untuk mengetahui hubungan antara fleksibilitas, power tungkai, dan power lengan dengan prestasi renang gaya kupu-kupu pada atlet disabilitas pelatda Jawa Barat. Metode penelitian yang digunakan adalah metode penelitian deskriptif korelasional. Populasi yang digunakan dalam penelitian ini yaitu atlet renang Pelatda Disabilitas Jawa Barat yang berjumlah 11 atlet. Penulis menggunakan teknik sampel jenuh karena jumlah populasi relatif kecil, kurang dari 30 orang dan semua anggota populasi digunakan sebagai sampel. Teknik pengumpulan data dilakukan dengan cara melakukan tes, maka dari itu Instrumen tes yang digunakan dalam penelitian ini adalah *sit and reach*, *standing long jump*, *seated medicine ball throw*, dan tes 50 meter renang gaya kupu-kupu. Lalu untuk teknik pengolahan data menggunakan deskriptif statistik, uji normalitas, uji homogenitas, dan uji analisis regresi linier berganda. Dari hasil penelitian menunjukkan bahwa hubungan antara *sit and reach* dengan prestasi renang 50 meter gaya kupu-kupu diperoleh nilai signifikansi  $0.002 < 0.05$ , sedangkan hubungan antara *standing long jump* dengan prestasi renang 50 meter gaya kupu-kupu diperoleh nilai signifikansi  $0.001 < 0.05$ , dan hubungan antara *seated medicine ball throw* dengan prestasi renang 50 meter gaya kupu-kupu memperoleh nilai signifikansi  $0.001 < 0.05$ . Jadi dapat disimpulkan bahwa adanya hubungan yang signifikan antara *sit and reach*, *standing long jump*, *seated medicine ball throw* dengan prestasi renang 50 meter gaya kupu-kupu, serta menunjukkan hubungan yang positif.

**kata kunci:** renang gaya kupu, atlet disabilitas, fleksibilitas, *sit and reach* power tungkai, *standing long jump*, power lengan, *seated medicine ball throw*

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