

ABSTRAK

HUBUNGAN STABILISASI TERHADAP PENAMPILAN JURUS TUNGGAL BAKU PADA CABANG OLAHRAGA BELADIRI PENCAK SILAT (Studi Deskriptif pada Atlet Pencak Silat O2SN)

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Sejauh ini belum ada penelitian tentang hubungan stabilisasi dengan penampilan jurus pencak silat. Sehingga ini penting dilakukan agar dapat dijadikan sebagai acuan dan tolak ukur untuk membantu para pelatih mengembangkan stabilisasi dan hubungannya dengan prestasi pencak silat khususnya di nomor jurus tunggal baku. Penelitian ini mengungkap hubungan stabilisasi dengan penampilan jurus tunggal baku pada cabang olahraga beladiri pencak silat. Penelitian ini menggunakan metode korelasional. Sampel penelitian yaitu 17 orang atlet yang sedang berlaga di O2SN SMP tingkat Jawa Barat tahun 2016. Instrument penelitian yang digunakan adalah penampilan jurus tunggal baku dan *core strenght & stability test-multy-level proned hold test*. Hasil uji *Pearson Korelasi* diketahui bahwa stabilisasi mempunyai hubungan yang signifikan terhadap kebenaran gerak, kemantapan, dan penampilan jurus tunggal baku. Dengan demikian dapat disimpulkan bahwa stabilisasi mempunyai hubungan terhadap penampilan jurus tunggal baku sebesar 34 % dan sisanya dipengaruhi oleh faktor lain.

Kata kunci: stabilisasi, penampilan jurus tunggal baku.

ABSTRACT

CORRELATION OF STABILIZATION TO ARTISTIC SINGLE PERFORMANCE IN PENCAK SILAT MARTIAL ART OF SPORT (Study Descriptive to O2SN Pencak Silat Athlete)

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Until today there has not been any research conducted on the correlation between stabilization to prncak silat movements performance. Thus this is a very important thing to do so that the result can be used as basic standar or reference to help trainers developing the stabilization and its correlation within various achievement in pencak silat specially in the artistic single chapter. This research reveals the correlation between stabilization and pencak silat artistic single performance in sport of branch called pencak silat martial arts. The research is thoroughly done by using a correlation method. As the sample of this research, 17 athletes who are performing in O2SN SMP level Jawa Barat 2016 are being analyzed. Meanwhile, the instruments used in this research is pencak silat artistic single performance and core strength & stability test-multi-level prone hold test. According to the test result of pearson correlation, it is known that stabilization has a significant correlation towards appropriate movements, steady, and performance of pencak silat artistic single. Therefore it can be concluded that stabilization has a correlation toward the performance of pencak silat artistic single for about 34 % and the rest is affected by other factors.

Keyword: Stabilization, Artistic single performance