

## ABSTRAK

# KONTRIBUSI TINGKAT KONSENTRASI, KOORDINASI DAN FLEKSIBILITAS *WRIST JOINT* TERHADAP KEMAMPUAN *SHOOTING* DALAM PERMAINAN BOLA BASKET

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Penelitian ini bertujuan untuk mengetahui seberapa besar kontribusi tingkat konsentrasi, koordinasi, dan fleksibilitas *wrist joint* terhadap kemampuan *shooting* dalam permainan bola basket. Penelitian ini menggunakan metode deskriptif kuantitatif dengan menggunakan analisis Regresi. Teknik pengambilan sampel yang digunakan adalah *simple random sampling* pada mahasiswa yang mengikuti ukm bola basket di Universitas Pendidikan Indonesia sebanyak 20 orang. Dari hasil pengolahan data dapat dilihat bahwa besar persentase pada tingkat konsentrasi sebesar 55.1%, untuk besar persentase pada Koordinasi sebesar 63.5%, untuk besar persentase Fleksibilitas *Wrist Joint* sebesar 48.0%, dan untuk Tingkat Konsentrasi, Koordinasi dan Fleksibilitas *Wrist Joint* besar persentase dari ke tiga komponen tersebut sebesar 94.5% . Sisa nya dipengaruhi oleh faktor lain. hasil penelitian ini menunjukkan bahwa terdapat kontribusi yang besar dan signifikan antara tingkat konsentrasi, koordinasi dan fleksibilitas *wrist joint* terhadap kemampuan *shooting* dalam permainan bola basket.

**Kata Kunci :** Konsentrasi, Koordinasi, Flesibilitas, *Shooting*

## ABSTRACT

# **THE CONTRIBUTION LEVEL OF CONCENTRATION, COORDINATION AND FLEXIBILITY OF THE WRIST JOINT AGAINST SHOOTING ABILITY IN BASKETBALL GAMES**

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This study attempts to know how large contribution level of concentration of, coordination, and flexibility wrist a joint of the ability of shooting in a basketball game. This research uses the method descriptive quantitative by using regression analysis. Technique the sample used is simple random sampling on student who follow basketball Unit in university Indonesian education about 20 people.. From the results of data processing can be seen that large percentage on the level of concentration amounting to 55.1 % , for large percentage on coordination of 63.5 % , to large percentage flexibility wrist joint worth 48.0 % , and to the level of concentration , coordination and flexibility wrist joint large percentage of to three of the components were worth 94.5 % . The rest of his influenced by other factors . The result of this research showed that there is a significant contribution and significant between level of concentration of , coordination and flexibility wrist a joint of the ability of shooting in a basketball game .

Keywords: Concentration, Coordination, Flexibility, Shooting