

ABSTRAK

JAI SURA DARMA YADI, NIM : 6143121032. HUBUNGAN KESEIMBANGAN, KELENTUKAN, DAN KOORDINASI MATA KAKI DENGAN TENDANGAN *dollyo chagi* ATLET PUTRA CLUB TAEKWONDO DOJANG DPRD KARO TAHUN 2021

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Pentingnya keseimbangan, kelentukan, dan koordinasi mata kaki hendaknya disadari oleh pelatih bahkan atlet itu sendiri. Dikarenakan pentingnya tendangan *dollyo chagi* Atlet Putra Club Taekwondo Dojang DPRD Karo Tahun 2021 maka perlu dilakukan penelitian lebih mendalam lagi tentang keseimbangan, kelentukan, dan koordinasi mata kaki. Penelitian ini bertujuan untuk mengetahui hubungan keseimbangan, kelentukan, dan koordinasi mata kaki dengan tendangan *dollyo chagi* Atlet Putra Club Taekwondo Dojang DPRD Karo Tahun 2021.

Penelitian ini menggunakan metode deskriptif teknik studi korelasional yang dilaksanakan di Club Taekwondo Dojang DPRD, Kabupaten Karo, Sumatera Utara, Tahun 2021. Dengan populasi 99 Atlet dan menggunakan sistem *purposive sampling* (teknik pertimbangan tertentu) yakni atlet bersabuk hitam sebanyak 14 Atlet. Penelitian ini dilaksanakan menggunakan metode survey dengan teknik tes dan pengukuran meliputi keseimbangan, kelentukan, koordinasi mata kaki dengan tendangan *dollyo chagi*. dengan analisis data menggunakan analisis korelasi.

Berdasarkan hasil penelitian, disimpulkan bahwa terdapat hubungan positif dan signifikan antara keseimbangan, kelentukan, dan koordinasi mata kaki dengan tendangan *dollyo chagi* Atlet Putra Club Taekwondo Dojang DPRD Karo Tahun 2021. Kontribusi masing-masing variabel bebas keseimbangan, kelentukan, dan koordinasi mata kaki terhadap variabel terikat tendangan *dollyo chagi* adalah keseimbangan 80,6%, kelentukan 82,6%, dan koordinasi mata kaki 82,6%. Dan secara simultan keseimbangan, kelentukan, dan koordinasi mata kaki memberikan kontribusi sebesar 79,2% terhadap tendangan *dollyo chagi* Atlet Putra Club Taekwondo Dojang DPRD Karo Tahun 2021.

Kata Kunci : Keseimbangan, Kelentukan, Koordinasi Mata Kaki, *Dollyo Chagi*

ABSTRACT

JAI SURA DARMAYADI, NIM : 6143121032. RELATIONSHIP BALANCE, FLEXIBILITY AND ANKLES COORDINATION WITH DOLLYO CHAGI OF THE MALE ATHLETES CLUB TAEKWONDO DPRD KARO IN 2021.

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The importance of balance, flexibility, and ankles coordination should be realized by coaches and even athletes themselves. Due to the importance of the dollyo chagi for the Male Athletes of the Karo DPRD Dojang Taekwondo Club in 2021, it is necessary to do more in-depth research on balance, flexibility, and ankles coordination. This study aims to determine the relationship between balance, flexibility, and ankles coordination with the dollyo chagi for the Male Athletes of the Karo DPRD Dojang Taekwondo Club in 2021.

This study used a descriptive method of correlational study techniques carried out at the Taekwondo Dojang DPRD Club, Karo Regency, North Sumatera, in 2021. With a population of 99 athletes and using a purposive sampling system (certain consideration techniques), 14 black belt athletes were used. This research was conducted using a survey method with test and measurement techniques including balance, flexibility, ankles coordination with dollyo chagi. And with correlation analysis.

Based on the results of the study, it was concluded that there is a significant positive relationship between balance, flexibility and ankles coordination with the dollyo chagi for The Male Athletes Club Taekwondo Dojang DPRD Karo in 2021. The contribution of each independent variable was balance, flexibility, and ankles coordination with dependent variable dollyo chagi are the balance of 80,6%, the flexibility of 82,6%, and the ankles coordination 82,6%. And simultaneously the balance, flexibility, and ankles coordination contributed 79,2% to dollyo chagi for The Male Athletes Club Taekwondo Dojang DPRD Karo 2021.

Keyword: Balance, Flexibility, Ankles Coordination, Dollyo Chagi.