

**KONTRIBUSI *POWER* OTOT LENGAN DAN FLEKSIBILITAS  
PERGELANGAN TANGAN TERHADAP *SHOOTING*  
BOLA BASKET DI GLADIATOR *PREMIER*  
*BASKETBALL ACADEMY***

**Miftahul Huda, NIM 1816041009**

**Jurusan Ilmu Olahraga dan Kesehatan**

**Program Studi Pendidikan Keperawatan Olahraga**

**Abstrak**

Penelitian ini bertujuan menganalisis kontribusi *power* otot lengan dan fleksibilitas pergelangan tangan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy*. Rumusan masalah dalam penelitian ini yakni untuk mengetahui apakah terdapat kontribusi *power* otot lengan dan fleksibilitas pergelangan tangan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy*. Metode yang digunakan dalam penelitian ini adalah metode korelasi. Populasi yang digunakan yakni berjumlah 20 orang laki-laki dengan rentang umur 15-16 tahun pada *club* Gladiator *Premier Basketball Academy*. Teknik pengumpulan data yakni dengan melakukan tes *power* otot lengan menggunakan *ball medicine*, tes fleksibilitas pergelangan tangan menggunakan *goniometer* dan tes *shooting* sisi kanan dan kiri. Analisis data yang digunakan adalah analisis regresi linier berganda dengan program SPSS 25. Hasil penelitian menunjukkan bahwa terdapat kontribusi *power* otot lengan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy* sebesar 0,693 yang berarti kontribusi tersebut memiliki hubungan yang kuat, kemudian kontribusi fleksibilitas pergelangan tangan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy* sebesar 0,719 yang berarti kontribusi tersebut memiliki hubungan yang kuat pula dan kontribusi yang lebih dominan yakni fleksibilitas pergelangan tangan dibandingkan dengan kontribusi *power* otot lengan. Terdapat kontribusi *power* otot lengan dan fleksibilitas pergelangan tangan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy* serta fleksibilitas pergelangan tangan memiliki kontribusi yang lebih dominan dibandingkan dengan *power* otot lengan terhadap *shooting* bola basket di Gladiator *Premier Basketball Academy*.

**Kata kunci:** *Power* otot lengan, *Fleksibilitas* pergelangan tangan, *Shooting* bola basket.

**CONTRIBUTION OF ARM MUSCLE POWER AND WRIST FLEXIBILITY  
TO BASKETBALL SHOOTING AT THE GLADIATOR PREMIER  
BASKETBALL ACADEMY**

**By**

**Miftahul Huda, NIM 1816041009**

**Sports and Health**

**Sports Coaching Education Study Program**

**Abstract**

*This study to analyze the contribution of arm muscle power and wrist flexibility to basketball shooting at Gladiator Premier Basketball Academy. The formulation of the problem in this study is to find out whether there is a contribution of arm muscle power and wrist flexibility to basketball shooting at Gladiator Premier Basketball Academy. The method used in this research is the correlation method. The population used is 20 men with an age range of 15-16 years at the Gladiator Premier Basketball Academy club. The data collection technique is by doing arm muscle power test using ball medicine, wrist flexibility test using goniometer and right and left side shooting test. The data analysis used was multiple linear regression analysis with SPSS 25 program. The results showed that there was a contribution of arm muscle power to basketball shooting at the Gladiator Premier Basketball Academy of 0.693 which means the contribution has a strong relationship, then the contribution of wrist flexibility to basketball shooting at the Gladiator Premier Basketball Academy is 0.719 which means the contribution has There is also a strong relationship and a more dominant contribution is wrist flexibility compared to the contribution of arm muscle power. There is a contribution of arm muscle power and wrist flexibility to basketball shooting at Gladiator Premier Basketball Academy and wrist flexibility has a more dominant contribution compared to arm muscle power to basketball shooting at Gladiator Premier Basketball Academy.*

**Keywords:** *Arm muscle power, Wrist flexibility, Basketball shooting*