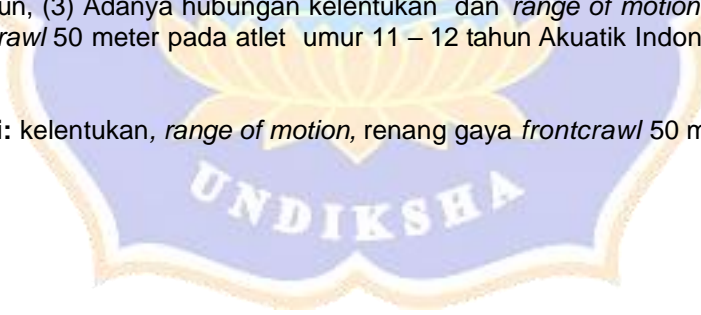


**HUBUNGAN KELENTUKAN DAN RANGE OF MOTION PADA RENANG GAYA
FRONTCRAWL 50 METER PADA ATLET UMUR 11 – 12 TAHUN AKUATIK
INDONESIA KABUPATEN BULELENG**

Abstrak

Penelitian ini bertujuan untuk (1) Mengetahui hubungan kelentukan dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun, (2) Mengetahui hubungan *range of motion* dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun, (3) Mengetahui hubungan kelentukan dan *range of motion* dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun Akuatik Indonesia Kabupaten Buleleng. Penelitian ini menggunakan metode deskriptif korelasional dengan korelasi *product moment*. Subyek dalam penelitian ini adalah atlet renang umur 11 – 12 tahun Akuatik Indonesia Kabupaten Buleleng yang berjumlah 26 orang. Instrumen yang digunakan pada penelitian ini adalah tes *sit and reach*, tes *range of motion*, dan tes renang gaya *frontcrawl* 50 meter, analisis data menggunakan uji prasyarat yang terdiri dari uji normalitas, uji linieritas dan uji hipotesis dengan signifikansi 5%. Hasil Analisis menunjukkan (1) terdapat hubungan yang sangat signifikan antara kelentukan dengan renang *frontcrawl* 50 meter dibuktikan dari uji korelasi (r) 0,878, dan nilai signifikansi koefisiensi $r_{Hitung} > r_{Tabel}$ ($0,878 > 0,388$) maka hipotesis (H_0) ditolak dan hipotesis (H_a) diterima, (2) terdapat hubungan yang sangat signifikan antara *range of motion* dengan renang gaya *frontcrawl* 50 meter dibuktikan dari uji korelasi (r) 0,912 dengan $r_{Hitung} > r_{Tabel}$ ($0,912 > 0,388$) maka hipotesis (H_0) ditolak dan hipotesis (H_a) diterima, (3) terdapat hubungan yang sangat signifikan antara kelentukan dan *range of motion* dengan renang gaya *frontcrawl* 50 meter dibuktikan dari uji korelasi (r) 0,944 dengan $r_{Hitung} > r_{Tabel}$ ($0,944 > 0,388$) maka hipotesis (H_0) ditolak dan hipotesis (H_a) diterima. Kesimpulan pada penelitian ini adalah (1) adanya hubungan antara kelentukan dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun, (2) Adanya hubungan *range of motion* dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun, (3) Adanya hubungan kelentukan dan *range of motion* dengan renang gaya *frontcrawl* 50 meter pada atlet umur 11 – 12 tahun Akuatik Indonesia Kabupaten Buleleng.

Kata Kunci: kelentukan, *range of motion*, renang gaya *frontcrawl* 50 meter.



**THE RELATIONSHIP OF CURVAILITY AND RANGE OF MOTION IN SWIMMING
AT A DISTANCE OF 50 METERS STYLE IN ATHLETES AGED 11 – 12 YEARS
OLD INDONESIAN AQUATIC BULELENG DISTRICT**

Abstract

This study aims to (1) determine the relationship between flexibility and 50 meter frontcrawl swimming in athletes aged 11 - 12 years, (2) determine the relationship between range of motion and 50 meter frontcrawl swimming in athletes aged 11 - 12 years, (3) determine the relationship between flexibility and range of motion with 50 meter frontcrawl swimming in athletes aged 11 - 12 years at Aquatic Indonesia, Buleleng Regency. This research uses a correlational descriptive method with product moment correlation. The subjects in this research were 26 swimming athletes aged 11 – 12 years from the Indonesian Aquatic Buleleng Regency. The instruments used in this research were the sit and reach test, range of motion test, and 50 meter front crawl style swimming test. Data analysis used prerequisite tests consisting of normality test, linearity test and hypothesis test with 5% significance. The results of the analysis show (1) there is a very significant relationship between flexibility and 50 meter frontcrawl swimming as evidenced by the correlation test (r) of 0.878, and the coefficient significance value $r_{\text{Count}} > r_{\text{Table}}$ ($0.878 > 0.388$) so the hypothesis (H_0) is rejected and the hypothesis (H_a) is accepted, (2) there is a very significant relationship between range of motion and 50 meter frontcrawl swimming proven by the correlation test (r) 0.912 with $r_{\text{Count}} > r_{\text{Table}}$ ($0.912 > 0.388$) then the hypothesis (H_0) is rejected and the hypothesis (H_a) is accepted, (3) there is a very significant relationship between flexibility and range of motion with 50 meter front crawl style swimming as proven by the correlation test (r) 0.944 with $r_{\text{Count}} > r_{\text{Table}}$ ($0.944 > 0.388$) so the hypothesis (H_0) is rejected and the hypothesis (H_a) is accepted. The conclusions of this study are (1) there is a relationship between flexibility and 50 meter frontcrawl style swimming in athletes aged 11 - 12 years, (2) There is a relationship between range of motion and 50 meter frontcrawl style swimming in athletes aged 11 - 12 years, (3) There is a relationship between flexibility and range of motion with 50 meter frontcrawl style swimming in athletes aged 11 - 12 years at Indonesian Aquatics, Buleleng Regency.

Keywords: flexibility, range of motion, 50 meter swimming style

