

## ABSTRAK

I Wayan Mustana (2020), *Korelasi Tinggi Badan, Panjang Lengan Dan Kekuatan Otot Lengan Dengan Hasil Belajar Keterampilan Bermain Bolavoli Peserta Didik Kelas X IPA SMA Negeri 1 Kuta Tahun Pelajaran 2020/2021*. Tesis, Pendidikan Olahraga, Program Pascasarjana, Universitas Pendidikan Ganesha.

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Penelitian ini bertujuan untuk mengetahui hubungan tinggi badan, panjang lengan dan kekuatan otot lengan dengan hasil belajar keterampilan bermain bolavoli. Metode penelitian ini adalah korelasional dengan pendekatan *cross sectional*, jumlah sampel sebanyak 66 peserta didik. Instrumen penelitian yaitu : tes push up dan tes hasil belajar keterampilan servis dan passing bolavoli. Analisis data menggunakan uji *pearson product moment* dan korelasi ganda. Hasil penelitian ini menunjukkan: (1) terdapat hubungan signifikan antara tinggi badan dan hasil belajar keterampilan bermain bolavoli dengan koefisien korelasi  $r_{x_1.y} = 0.972a > r_{tabel} = 0,243$ , (2) terdapat hubungan signifikan antara panjang lengan dan hasil belajar keterampilan bermain bolavoli dengan koefisien korelasi  $r_{x_2.y} = 0.971a > r_{tabel} = 0,243$ , (3) terdapat hubungan signifikan antara kekuatan otot lengan dan hasil belajar keterampilan bermain bolavoli dengan koefisien korelasi  $r_{x_3.y} = 0.982 a > r_{tabel} = 0,243$ , dan (4) terdapat hubungan ketiga variabel dengan hasil belajar keterampilan bermain bolavoli dengan nilai  $r_{x_1,x_2,x_3,y} = 0.984a > r_{tabel} = 0,243$ . Kesimpulannya terdapat hubungan antara tinggi badan, panjang lengan dan kekuatan otot lengan dengan hasil belajar keterampilan bermain bolavoli peserta didik kelas X IPA SMA Negeri 1 Kuta Tahun Pelajaran 2020/2021.

*Kata kunci:* tinggi badan, panjang lengan, kekuatan otot lengan, hasil belajar bermain bolavoli

## **ABSTRACT**

I Wayan Mustana (2020), *Correlation of Height, Arm Length and Arm Muscle Strength with Learning Outcomes of Skills in Volley ball Games for Class X IPA Senior High School 1 Kuta Students in the Academic Year 2020/2021*. Thesis, Sports Education, Postgraduate Program, Ganesha University of Education.

*This thesis has been approved and examined by Advisor I : Dr. H. Wahjoedi, and Supervisor II : Dr. I Ketut Sudiana, S.Pd., M.Kes.*

*This thesis has been approved and examined by Advisor I : Dr. H. Wahjoedi, S.Pd., M.Pd and Supervisor II : Dr. I Ketut Sudiana, S.Pd., M.Kes. This study aims to determine the relationship between height, arm length and arm muscle strength with the learning outcomes of volley ball skills. This research method is correlational with cross sectional approach, estimate sample for 66 students. The research instruments are included a push-up test and a test result of learning volley ball skills. Data analysis used the Pearson product moment test and multiple correlation. The results of this study indicate that : (1) there is a significant relationship between height and volley ball skills learning outcomes with the correlation coefficient of  $r_{x_1.y} = 0.972a > r_{tabel} = 0.243$ , (2) there is a significant relationship between arm length and volleyball skills learning outcomes. correlation coefficient  $r_{x_2.y} = 0.971a > r_{tabel} = 0.243$ , (3) there is a significant relationship between arm muscle strength and volley ball skills learning outcomes with the correlation coefficient  $r_{x_3.y} = 0.982a > r_{tabel} = 0.243$ , and (4) there is a third relationship variables with volleyball skills learning outcomes with values  $r_{x_1, x_2, .x_3, y} = 0.984a > r_{tabel} = 0.243$ , with the result that can be concluded that there is a relationship between the three variables with the learning outcomes of volley ball skills. In conclusion, there is a relationship between height, arm length and arm muscle strength with the learning outcomes of volleyball playing skills for students of class X IPA SMA Negeri 1 Kuta in the academic year 2020/2021.*

*Keywords : height, arm length, arm muscle strength, of volley ball skills.*