

ABSTRAK

Pengaruh Daya Tahan, Koordinasi Gerak dan Motivasi Berprestasi terhadap Keterampilan Jurus Tunggal Atlet Pencak Silat Perguruan Sakato Minangkabau Semen Padang

Cory Mita Kurnia

Masalah dalam penelitian ini adalah rendahnya keterampilan jurus tunggal atlet pencak silat perguruan Sakato Minangkabau Semen Padang. Tujuan penelitian ini untuk mengungkapkan pengaruh Daya Tahan, Koordinasi Gerak, dan Motivasi Berprestasi terhadap Keterampilan Jurus Tunggal.

Metode penelitian ini secara kuantitatif menggunakan pendekatan Analisis Jalur (*Path Analysis*). Populasi penelitian adalah Atlet Pencak Silat Perguruan Sakato Minangkabau Semen Padang, berjumlah 40 orang. Teknik pengambilan sampel dilakukan dengan cara *purposive sampling*, dengan jumlah sampel sebanyak 20 orang. Data dikumpulkan dengan tes dan pengukuran.

Hasil penelitian dan analisis data menunjukkan bahwa: (1) Daya Tahan berpengaruh secara langsung dan signifikan terhadap Keterampilan Jurus Tunggal 42,12%. (2) Koordinasi Gerak berpengaruh secara langsung dan signifikan terhadap Keterampilan Jurus Tunggal sebesar 8,12%. (3) Motivasi Berprestasi berpengaruh secara langsung dan signifikan terhadap Keterampilan Jurus Tunggal 1%. (4) Daya Tahan berpengaruh secara tidak langsung terhadap Keterampilan Jurus Tunggal melalui Motivasi Berprestasi sebesar 45,9%. (5) Koordinasi Gerak berpengaruh secara tidak langsung terhadap Keterampilan Jurus Tunggal melalui Motivasi Berprestasi sebesar 5,1%). (6) Daya Tahan, Koordinasi Gerak dan Motivasi Berprestasi berpengaruh secara simultan terhadap Keterampilan Jurus Tunggal sebesar 80,80% (nilai $R^2=0,808$ dan tabel Anova diperoleh $F=22,468$ dengan probabilitas (sig)=0,000).

ABSTARCT

The Effect of Durability, Motor Coordination and Achievement Motivation toward Single Movement Skill of the Athletes of *Pencak Silat* *Perguruan Sakato Minangkabau Semen Padang*

Cory Mita Kurnia

The problem underlying the present study was the fact that single movement skill of the athletes of *Pencak Silat Perguruan Sakato Minangkabau Semen Padang* was low. This study was aimed to reveal the effect of durability, motor coordination and achievement motivation toward single movement skill of the athletes.

This study was designed quantitatively by using path analysis approach. The population of the study was the athletes of *Pencak Silat Perguruan Sakato Minangkabau Semen Padang* consisting of 40 athletes. Purposive sampling technique was used in deciding the sample, and 20 athletes were decided to be the sample of the study. The data were collected by using test and assessment.

The result of the study and data analysis showed that : (1) durability had a direct and significant effect toward single movement skill (42.12%); (2) motor coordination had a direct and significant effect toward single movement skill (8.12%); (3) achievement motivation had a direct and significant effect toward single movement skill (1%); (4) durability had indirect effect toward single movement skill though achievement motivation (45.9%); (5) single movement skill had indirect effect toward single movement skill through achievement motivation (5.1%); (6) durability, motor coordination, and achievement motivation had simultaneous effects toward single movement skill (80.80%) (Rsquare = 0.808 and Annova table yielded $F=22.468$, with probability (sig)=0.000).