

ABSTRAK

Ridho Ilahi (2019): Pengaruh Daya Ledak Otot Tungkai, Kelentukan, dan Percaya Diri terhadap kemampuan *Long Passing* Pemain Sepakbola Binaan DISPORA Kota Solok.

Berdasarkan pengamatan terhadap pemain sepakbola binaan DISPORA Kota Solok ditemukan bahwa kemampuan Long Passing yang dimiliki masih rendah. Kemampuan Long Passing dipengaruhi oleh banyak faktor, diantaranya diduga dipengaruhi oleh daya ledak otot tungkai, kelentukan, dan percaya diri. Penelitian ini bertujuan untuk mengetahui pengaruh langsung dan pengaruh tidak langsung antara variabel eksogen dengan endogen yaitu menemukan besarnya pengaruh langsung dan pengaruh tidak langsung daya ledak otot tungkai, kelentukan, dan percaya diri terhadap kemampuan long passing.

Penelitian ini merupakan penelitian kuantitatif melalui pendekatan deskriptif dan analisis jalur (*path analysis*). Populasi dalam penelitian ini adalah seluruh pemain sepakbola binaan DISPORA Kota Solok pada tahun 2019 yang berjumlah 25 orang. Teknik pengambilan sampel yang dilakukan dengan cara total *sampling*, dengan jumlah sampel sebanyak 25 orang. Data dikumpulkan dengan menggunakan tes *standing broad jump* untuk daya ledak otot tungkai, tes *flexiometer* untuk kelentukan, angket untuk percaya diri, dan tes keterampilan tendangan jauh untuk kemampuan *long passing*.

Hasil analisis data menunjukkan bahwa: (1) pengaruh langsung daya ledak otot tungkai terhadap kemampuan *long passing* pemain sepakbola sebesar 12.04%. (2) pengaruh langsung kelentukan terhadap kemampuan *long passing* pemain sepakbola sebesar 12,74%. (3) pengaruh langsung percaya diri terhadap kemampuan *long passing* pemain sepakbola sebesar 11.97%. (4) pengaruh tidak langsung daya ledak otot tungkai terhadap kemampuan *long passing* pemain sepakbola melalui percaya diri sebesar 18.32%. (5) pengaruh tidak langsung kelentukan terhadap kemampuan *long passing* melalui percaya diri pemain sepakbola sebesar 11.70%.

Kata Kunci : Daya Ledak Otot Tungkai, Kelentukan, Percaya Diri, dan Kemampuan long Passing.

ABSTRACT

Ridho Ilahi (2019): Effects of Explosive Muscle Strength in Legs, Flexibility, and Confidence in the ability of the Long Passing of the Solok DISPORA Patronage Football Player.

Based on observations of the DISPORA soccer players in Solok City, it was found that the Long Passing ability possessed was still low. The ability of Long Passing is influenced by many factors, among them are thought to be influenced by the explosive muscle power of the limbs, flexibility, and confidence. This study aims to determine the direct effect and indirect influence between exogenous and endogenous variables, namely to find out the magnitude of the direct influence and indirect effects of explosive limb muscle strength, flexibility, and confidence in long passing ability.

This research is quantitative research through descriptive approach and path analysis (path analysis). The population in this study were all football players assisted by DISPORA in Solok City in 2019 totaling 25 people. The sampling technique was carried out by means of total sampling, with a total sample of 25 people. The data was collected by using a standing broad jump test to measure the explosive strength of leg muscles, flexiometer tests to measure flexibility, questionnaires to measure self-confidence, and skills tests of long kicks to measure long passing ability.

The results of the data analysis showed that: (1) the direct effect of limb muscle explosive power on the ability of long passing football players was 12.04%. (2) the direct effect of flexibility on the soccer player's long passing ability of 12.74%. (3) direct influence of confidence in soccer players' long passing ability of 11.97%. (4) the indirect effect of explosive limb muscles on the ability of long passing football players through self-confidence of 18.32%. (5) indirect influence of flexibility on long passing ability through the confidence of soccer players at 11.70%.

Keywords: Muscle Legs Explosion Power, Flexibility, Confidence, and Long Passing Ability.