

## ABSTRAK

**Irfan Saputra(2019): Pengaruh Kekuatan Otot Tungkai, Daya Ledak Otot Lengan Dan Motivasi Berlatih Terhadap Kemampuan *Shooting Under Ring* Atlet Bola Basket SMA Pembangunan Universitas Negeri Padang**

Berdasarkan observasi ke lapangan ditemukan masalah yaitu akhir ini prestasi Atlet bola basket putra SMA Pembangunan Universitas Negeri Padang semakin menurun. Hal ini dibuktikan belum maksimalnya *shooting under ring*. Tujuan penelitian untuk mengetahui pengaruh langsung, dan tidak langsung, Kekuatan Otot Tungkai ( $X_1$ ), Daya Ledak Otot Lengan ( $X_2$ ), Motivasi Berlatih ( $X_3$ ) terhadap kemampuan *shooting under ring* (Y).

Populasi penelitian bola basket putra Atlet Bola Basket SMA Pembangunan Universitas Negeri Padang yang berjumlah 35 orang. Teknik pengambilan sampel dengan menggunakan *total sampling* yaitu seluruh populasi dijadikan sampel berjumlah 35 orang. Data *shooting under ring* dikumpulkan dengan melakukan tes *shooting under ring*, Daya ledak otot lengan dengan melakukan tolakan bola medicine, selanjutnya kekuatan otot tungkai diukur dengan *leg dynamometer*, dan motivasi berlatih menggunakan kuisioner berskala Likert. Data dianalisis dengan analisis path model *trimming*

Hasil analisis data menunjukkan bahwa nilai koefisien jalur normal, signifikan dan linier, (1) Terdapat pengaruh langsung yang signifikan Daya Ledak Otot Lengan terhadap *Shooting under ring Atlet Bola Basket SMA Pembangunan* sebesar 16,16% (2) Terdapat pengaruh langsung yang signifikan kekuatan otot tungkai terhadap *Shooting under ring Atlet Bola Basket SMA Pembangunan* 14,44%. (3) Terdapat pengaruh langsung yang signifikan *Motivasi berlatih terhadap Shooting under ring Atlet Bola Basket SMA Pembangunan sebesar 15,52%*. (4) Terdapat pengaruh tidak langsung Daya Ledak Otot Lengan melalui motivasi berlatih terhadap *Shooting under ring Atlet Bola Basket SMA Pembangunan sebesar 43,5%*. (5) Terdapat pengaruh tidak langsung *kekuatan otot tungkai melalui motivasi berlatih terhadap Shooting under ring Atlet Bola Basket SMA Pembangunan sebesar 7.29%* .

**Kata Kunci : Kemampuan *shooting under ring*, kekuatan Otot Tungkai, Daya Ledak Otot Lengan, dan Motivasi Berlatih.**

## ABSTRACT

**Irfan Saputra(2018): Effect of Leg Muscle Strength, Arm Muscle Explosion and Motivation to Practice on Shooting Under Ring Basketball Athletes Ability in Development High School Padang State University**

*Based on observations to the field found a problem that is lately the achievement of male basketball athletes from the SMA State Development University of Padang has declined. This is evidenced not yet by the maximum shooting under ring. The aim of the study was to determine the direct, and indirect effects, Leg Muscle Strength (X1), Arm Muscle Explosion (X2), Practice Motivation (X3) on shooting under ring (Y) abilities.*

*The population of men's basketball research at Basketball High School Athletes Development in Padang State University totaling 35 people. The sampling technique using total sampling is that the entire population is sampled totaling 35 people. Data under shooting is collected by carrying out a shooting under test, the strength of the arm muscles by doing medicine balls, then leg dynamometer leg strength is measured, and motivation to practice using a Likert scale questionnaire. Data is analyzed by analyzing the trimming model path*

*The results of data analysis show that the path coefficient values are normal, significant and linear, (1) There is a significant direct effect of Arm Muscle Strength on Shooting under ring High School Basketball Athletes Development. 16,16% (2) There is a significant direct effect of muscle strength limbs against Shooting under Basketball Basketball Athletes High School Development 14.44%. (3) There is a significant direct influence Motivation to practice on Shooting under ring Basketball High School Athletes Development at 15.52%. (4) There is an indirect influence on the Arm Muscle Strength through training motivation towards Shooting under ring Basketball High School Athletes Development at 43.5%. (5) There is an indirect effect of leg muscle strength through training motivation towards Shooting Under Ring Basketball Athletes in Senior High School Development of 7.29%*

**Keywords : Shooting Under Ring, Leg Muscle Strength, Arm Muscle Explosion and Motivation to Practice .**