

ABSTRAK

Rudi Hanafi (2021) : **Pengaruh Daya Ledak Otot Tungkai, Kelentukan dan Motivasi Berprestasi Terhadap Kemampuan Tendangan Sabit Atlet Pencak Silat Perguruan Tangan Mas Kota Padang**

Masalah dalam penelitian ini adalah rendahnya kemampuan Tendangan Sabit Atlet Pencak Silat Perguruan Tangan Mas Kota Padang. Tujuan penelitian ini untuk mengungkapkan Pengaruh Daya Ledak Otot Tungkai, Kelentukan dan Motivasi Berprestasi Terhadap Kemampuan Tendangan Sabit Atlet Pencak Silat Perguruan Tangan Mas Kota Padang.

Metode penelitian ini secara kuantitatif menggunakan pendekatan Analisis Jalur (*Path Analysis*). Populasi penelitian adalah Atlet Pencak Silat Perguruan Tangan Mas Kota Padang, berjumlah 30 orang. Teknik pengambilan sampel dilakukan dengan cara *total sampling*, dengan jumlah sampel sebanyak 30 orang. Data dikumpulkan dengan tes dan pengukuran daya ledak otot tungkai menggunakan *Vertical Jump*, Kelentukan Menggunakan *Side Split*, Motivasi Berprestasi dengan menggunakan Angket Kuesioner, dan Tendangan Sabit menggunakan Tes Kemampuan Tendangan Sabit.

Hasil penelitian dan analisis data menunjukkan bahwa: (1) Daya Daya Ledak Otot Tungkai berpengaruh secara langsung dan signifikan terhadap Kemampuan Tendangan Sabit 21,60%. (2) Kelentukan berpengaruh secara langsung dan signifikan terhadap Kemampuan Tendangan Sabit sebesar 6.94%. (3) Motivasi Berprestasi berpengaruh secara langsung dan signifikan terhadap Kemampuan Tendangan Sabit 9.74%. (4) Daya Ledak Otot Tungkai berpengaruh secara tidak langsung terhadap Kemampuan Tendangan Sabit melalui Motivasi Berprestasi sebesar 38.01%. (5) Kelentukan berpengaruh secara tidak langsung terhadap Kemampuan Tendangan Sabit melalui Motivasi Berprestasi sebesar 13.5%. (6) Daya Ledak Otot Tungkai, Kelentukan dan Motivasi Berprestasi berpengaruh secara simultan terhadap Kemampuan Tendangan Sabit sebesar 51.40 %

Kata Kunci : **Daya Ledak Otot Tungkai, Kelentukan, Motivasi Berprestasi dan Kemampuan Tendangan Sabit**

ABSTRACT

Rudi Hanafi (2021) : **The Influence of Leg Muscle Explosive Power, Flexibility and Achievement Motivation on the Skillful Kick Ability of Athletes Pencak Silat College Tangan Mas Kota Padang**

The problem in this research is the low ability of the Sabit kick of the Pencak Silat athletes of the Tangan Mas College, Padang City. The purpose of this study was to reveal the effect of leg muscle explosive power, flexibility and achievement motivation on the crescent kick ability of the martial arts athletes of the Mas Hands College in Padang City.

This research method uses a Path Analysis approach. The study population was the Hand Mas College Pencak Silat athlete in Padang City, according to 45 people. The sampling technique was carried out by means of positive sampling, with a total sample of 30 people. Data were collected by testing and measuring leg power using Vertical Jump, Flexibility using Side Split, Achievement Motivation using a Questionnaire Questionnaire, and Kick Sabit using the Sabit Kick Ability Test.

The results of the research and data analysis showed that: (1) the power of leg muscle explosions had a direct and significant effect on the ability of the kick kick 21.60%. (2) Flexibility has a direct and significant effect on the ability of the sickle kick by 6.94%. (3) Achievement motivation has a direct and significant effect on the ability of sickle kicks 9.74%. (4) The power of leg muscles has an indirect effect on the ability of sickle kicks through Achievement Motivation by 38.01%. (5) flexibility indirectly affects the ability of sickle kicks through achievement motivation of 13.5%. (6) Muscle Explosive Power, Flexibility and Achievement Motivation simultaneously influence the Sickle Kick ability of 51.40%.

Key words: **Leg Muscle Explosive Power, Flexibility, Achievement Motivation and Ability of Sickle kick.**