

Hubungan Antara Kelincahan dengan Performa Teknis Atlet Taekwondo yang Diukur dengan Taekwondo Performance Protocol di JF Dettac Taekwondo = The Relationship between Agility and Technical Performance of Taekwondo Athletes as Measured by the Taekwondo Performance Protocol at JF Dettac Taekwondo

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Abstrak

Skripsi ini mengevaluasi hubungan antara kelincahan dengan performa teknis atlet Taekwondo yang diukur menggunakan Taekwondo Performance Protocol di JF Dettac Taekwondo. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan korelasional. Sampel penelitian terdiri dari atlet Taekwondo di JF Dettac yang memenuhi kriteria inklusi sebanyak 33 atlet. Analisis data dilakukan untuk mengetahui hubungan antara variabel kelincahan dan performa teknis menggunakan TSAT dan T test. Dari hasil pengolahan data yang dilakukan menunjukkan bahwa TTest tidak berpengaruh signifikan terhadap Taekwondo Performance Protocol (TPP), sedangkan terdapat pengaruh yang signifikan antara variabel TSAT terhadap Taekwondo Performance Protocol (TPP) dengan nilai sebesar $0.133 > 0.05$ sehingga data tersebut berdistribusi normal. Hasil tersebut mengindikasikan bahwa atlet yang memiliki nilai agility yang lebih baik, cenderung mampu mengeksekusi teknik dengan lebih efektif, seperti tendangan yang cepat dan tepat sasaran, serta pergerakan yang efisien untuk menghindari serangan lawan sehingga meningkatkan performa atlet dalam pertandingan. Kelincahan diperoleh melalui keberadaan serabut otot tipe 2a dan tipe 2b yang efektif dalam mendukung gerakan yang memerlukan kecepatan dan daya tahan. Diharapkan pelatih mengembangkan program pelatihan taekwondo seperti TSAT, khususnya dalam meningkatkan kelincahan sebagai faktor penentu performa teknis atlet.

.....This research discusses the relationship between agility and technical performance of Taekwondo athletes measured using the Taekwondo Performance Protocol at JF Dettac Taekwondo. This study is uses quantitative research study with a correlational approach. The research sample consisted of Taekwondo athletes at JF Dettac who met the inclusion criteria of 33 athletes. Data analysis was carried out to determine the relationship between agility variables and technical performance using TSAT and T test. From the results of data processing carried out, it shows that TTest has no significant effect on Taekwondo Performance Protocol (TPP), while there is a significant influence between the TSAT variables on Taekwondo Performance Protocol (TPP) with a value of $0.133 > 0.05$ so that the data is normally distributed. These results indicate that athletes who have better agility values tend to be able to execute techniques more effectively, such as kicks that are fast and on target, as well as efficient movements to avoid opponent attacks so as to improve athlete performance in matches. Agility is obtained through the presence of type 2a and type 2b muscle fibers that are effective in supporting movements that require speed and endurance. It is expected that coaches develop taekwondo training programs such as the TSAT, especially in improving agility as a determining factor for athletes' technical performance.