

## ABSTRACT

### **Relations Between the Explosive Muscle Power Legs And Against Stomach Muscle Strength Style Long Jump Squat In Class VII student of SMPN 2 Saronggi Year 2014/2015 Jefriandi Alvian, Ricky**

**Keywords: Explosive power, Limbs Muscles, Abdominal Muscle And Long Jump**

To master the technique in athletics need for methods and stages of systematic training to support skills in dasar. Untuk techniques that recognition, enhancement, and development is very important athletics is known as the basic physical education for students, so that students have the ease in following the work by sporting activities, especially in the number of physical jauh. Kondisi jump and a good mastery of the technique will be able to provide a substantial contribution to the athletes or students to achieve sporting achievements, especially in long jump, many other forms of exercise that should be given to them is the strength of leg muscles.

The use of the method in a research study must be precise and lead to research purposes in accordance with the desired objectives and can be justified scientifically. found "Research Methodology" as we know it today gives lines very carefully and propose the conditions were very hard. As for the samples in this study were all students of class VII-A SMP Negeri 2 Saronggi with Classter Random Sampling technique. Ie choose one class by way of randomizing (drawn / dilotre) and class VII A out as a draw.

Results of the study the coefficient of correlation between the variables of leg muscle power (X1) against the long jump ability variable (Y) is equal to 0.643 with a determination coefficient of 34.57%. It can be said that the leg muscle power variable (X1) to contribute to the long jump ability (Y) class VII SMPN 2 Saronggi amounted to 34.57%. The magnitude of the correlation coefficient between the variables abdominal muscle strength (X2) to variable capability of long jump (Y) is equal to 0.788 with a determination coefficient of 83.53%. It can be said that the variable abdominal muscle strength (X2) to contribute to the ability of the long jump ability (Y) class VII SMPN 2 Saronggi amounted to 83.53%.