

ABSTRACT

Moh. Dandy Farhan Fadillah. 2021. Contribution of Arm Muscle Strength, Balance and Concentration on Medium Shoot Basketball at the Taruna Club of Sumenep Regency.

Keywords : *Medium shot, arm muscle strength, concentration, balance*

The problem with this research is that many players ignore several components in shooting, including arm muscle strength, balance and concentration, which results in a low percentage of the ball getting into the ring. The purpose of this study was to determine whether there is a relationship and how big is the relationship between arm muscle strength, balance and concentration on shooting basketball at the Taruna club, Sumenep Regency.

This research was conducted at the Taruna Club of Sumenep Regency using a non-experimental research type with a correlational design. The dependent variable in this study is the medium shoot and the independent variables are arm muscle strength, balance and concentration. The sample of this study was KU-18 cadets from the Sumenep cadet club, totaling 14 athletes, selected using population research techniques. Meanwhile, for data analysis using product moment correlation and percentage. The instrument in this study used a Grid Concentration Test questionnaire, a 1 minute medium shoot test, a push up test for 1 minute, and a stork hand test.

Based on the results of the study showed that, there was no relationship between arm muscle strength, balance, and concentration on the medium shoot with a significance value of 0.161, 0.466 and 0.802, respectively (so it was decided that H_a was rejected, which means there is no significant relationship between variables. From the results of the study, it can be concluded that there is no significant relationship between variables). $\alpha > 0,05$) there is a relationship between arm muscle strength, balance, and concentration on the shoot medium.