

ABSTRACT

Relations limb length and limb muscle explosive power to jump on the results of the long jump squat style learner Daleman SD Negeri 1 Ganding District Sumenep Peiajaran Year 2014/2015.

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Keywords: Long Legs, Burst Power limb muscles, Leap Results

Athletics, especially the long jump still less demand, especially in rural areas such as in primary schools daleman I, this is one of them caused due to inappropriate infrastructure support, as well as generally learners more fond of sport associated with playing like playing football (soccer) and a game of small ball (rounders). As in SDN Daleman I Ganding, to optimize the ability of its explosive power still seems less effective, especially in the implementation of learning material long jump. Values still diambag completeness KKM limit, so the need to increase physical condition. This condition will be coordinated with the anatomical structure of the body such as leg length, the average posture of learners is below standard posture ideal for SD. It is expected to coordinate both conditions will increase student competence in achieving maximum results in the physical education teaching materials especially long jump squat style.

The method used is quantitative in which the data to be taken in the form of numbers. The study design was correlational, which sought the relationship of independent variables on the dependent variable. The independent variables is the body mass index and the dependent variable is the result of long jump squat style. In this study population were used as research subjects are all students of SD Negeri Daleman I 2014/2016 academic year, samples used by researchers is partly taken from the population Learners Class V SD Negeri Daleman 1 Ganding District Sumenep. As for how to determine the sample or a subject by means of cluster random sampling totaling 44 people .. The next procedure is to process the data with SPSS 17 and manual counting.

Based on the results of data processing correlation coefficient r_{xy} (correlation length of the leg to the results of the long jump style squat amounted to 0.678 with a degree of relationship interpretation of both: strong. This means that there is a strong relationship between the length of the leg with the results of the long jump style squat, or it could be demonstrated that the research hypothesis H_0 accepted.

While the correlation coefficient r_{xy} (leg muscle explosive power correlation with the results of long jump squat style) of 0.768 with the level of relationships interpretation of both: strong. It shows the research hypothesis H_0 is accepted, or there is a strong relationship between the explosive power of the results of long jump squat style.

Once these studies are completed and the results have been processed, it can be concluded that: 1). Limb length has a significant relationship with the ability to long jump in Class V students of SD Negeri Daleman 1 Ganding District District Sumenep Tahun Peiajaran 2014/2015.

2). Explosive power leg muscles had a significant relationship with the ability to long jump in Class V students of SD Negeri Daleman 1 Ganding District District Sumenep Tahun Peiajaran 2014/2015.