

Contribution Of Arm Muscle Power And Confidence Towards Smash Results Of PB Players Reality

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Abstract

Objective from study this is for know contribution muscle power arms and believe self to results badminton smash PB player Reality. As for types study This is correlation double. Population and sample in study This is PB player. The reality is that there are 15 people with technique taking sample that is total sampling so that samples in research This totaling 15 people. Instrument research used is test medicine ball throw, charging questionnaire believe yourself and test smash badminton. Data analysis techniques used is count mark correlation double . Based on results study can concluded that (1) There is contribution power muscle arm to results smash badminton PB player. Reality is 49.56%, (2) Exists contribution believe self to results smash badminton PB player. Reality is 42.12%, (3) Exists contribution power muscle arms and believe self to results smash badminton PB player The reality is 58.37%.

Keywords : Muscle Power Arm , Believe Self , Badminton Smash Results

INTRODUCTION

Sport is something activity physical exercise with Meaning For look after health and strengthening muscles body . Through sport We try for create something appearance attitudes new from nation Indonesiadi in fill in independence. With so, that's it should become not quite enough answer We For follow try socialize sport. According to (Ningrat & Alficandra, 2023) Sport is activity mandatory must done to maintain condition stay physically fit. With reason that, in the world of education sports are also the part that doesn't inseparable. Sport in the world of education is element balancer between intellectual and health physical.

Activity sport in its development can done as entertaining, fun activities or also done with objective for increase performance. (Ramadhan et al., 2020) Sport has important meaning in business for increase quality source power man. Sport No can separated from life human, because life man consists from two aspect, ie aspect physical and spiritual things that are not can Separate. If second aspect the develop and grow in a way in harmony so will arise harmonious life in its growth. (Siregar & Yani, 2023) Besides That sports can also be done make body somebody become Healthy physical and spiritual in the end will form quality human being. Then (Titania & Zulrafla, 2022) Sport is something activity physical exercise with Meaning For guard health and strengthening muscles body. (Apriani et al., 2021) Activity basically physical is need every human inside his life so that conditions physical and health still awake with Good.

Sport become something necessary thing planned in a way ripe from beginning planning habituation athlete until Can get maximum result. (Ardian & Sari, 2022) Function main sport can develop health and fitness. It's very clear actually sport is aspect important from life human and from sport This something individual can instill a sense of unity and oneness a country and can elevate dignity dignity something nation while performance achieved in something championship International.

Activity coaching held in a way planned and sustainable aim For create achievements in the field sport . according to (Gazali, 2016) in sport performance there is a number of aspect

must support owned every players to excel with well, aspect supporter These include: ability technique, conditions physical, tactics and strategy, as well mental and psychological aspects. Activity coaching sport own type goal, it depends desire the culprit, if somebody want to excel at something branch sport then that person must do activity coaching sport for reach performance. However in the world of sports we should too true, true understand about sports, for example branch sport badminton.

Badminton is sports use tool called racket and shuttlecock or *shuttlecock*, played by 2 or 4 players. How to play sport This is with hit how come with use racket with a passing target net or the net located in the middle field. The fall how come must appropriate are in the area opponent, and vice versa. Game badminton as element condition physical, then someone's technique, tactics and mentality for achievers and them must control existing techniques in game badminton. If element condition physique own good quality so game will the more well, on the contrary If element physique No Good so game will No Good. As for technique game badminton is a must owned moreover first by the player badminton that is includes *serve, underhand, lob, dropshot, smash, netting, and drive*. However in study This technique that will discussed is technique *smash*. *Smash* in badminton is one of Skills most importantly for become a master in badminton. *Smash* Can become scary technique for against Because speed *shuttlecock* hard and swooping sharp to in the area, so difficult for against For repay . Accuracy *smash* owned by the player naturally will be very useful for player, because will can direct the *smash* into difficult areas reached by the opponent.

Ability good physical will push achievement proficiency movements in game badminton. In do movement *smash* which is weapon main in turn off against required hard hit as well as directed. For that is necessary exists element *power* muscle arm. Ideally For produce hard and optimal blows are required mastery techniques and strategies as well intensive training form exercise muscle arm. With practice muscle arm so will appear stimulation contraction muscle. Besides from factor condition physical, remember trust self athletes are also considered join in own important role in achievement performance. Trust self is something feeling or attitude Certain will abilities possessed. Trust self in sport is confidence somebody in do desired action. Trust self is important thing for athlete Because trust self can influence behavior athlete moment are in the field

Based on results observations made researchers, still there is less players maximum technique His *smash*, hit on *the shuttlecock* not enough right, swing hand athlete moment men *smash shuttlecock* Still No hard, so *shuttlecock* No dive sharp to field against. Notes researcher, moment athlete do train show, show *smash* Still often hits the net, *smashes* go out from field Because too widened to right and to left field. *Smash* done athletes still do weak, the seen moment player against with easy for anticipate *smash* done. Moment do *smash*, hand not enough straightened out at the moment hit, so approval *shuttlecock* not on point highest. Should blow *smash* can become weapon for every player For turn off game opponents and get points. You can also see the speed *shuttlecock* moment do *smash* Still low, the indicated that *power* muscle arm Still weak. Besides There are also athletes who feel that way that himself No can come on stage maximum moment compete, feel not enough believe myself, scared lose, feel inferior if compete with more good, tense with cheers viewer so that No can displays performance the best like moment exercise. Based on discovered reality in the field the author feel interested For do study with title Contribution Muscle *Power* Arms and Trust Self Against *Smash* Results Badminton PB Player Reality.

RESEARCH METHODS

Design in study This done with use design study correlational. Design study correlation double. According to (Kusumawati, 2015) study connection or (associative) can form connection symmetrical, causal (cause consequence). Population from study This is PB player. The reality is that there are 15 sons. technique taking the researcher 's sample do is *total sampling*, acc (Kusumawati, 2015) Teknik taking sample use *total sampling means* all over population made as sample research, with thereby so sample study This are 15 PB players. Reality. Tests used is muscle power test arm with reject *ball medicine*, charging questionnaire believe yourself, and test *smash* badminton. Data analysis techniques used is count mark correlation double.

RESULT AND DISCUSSION

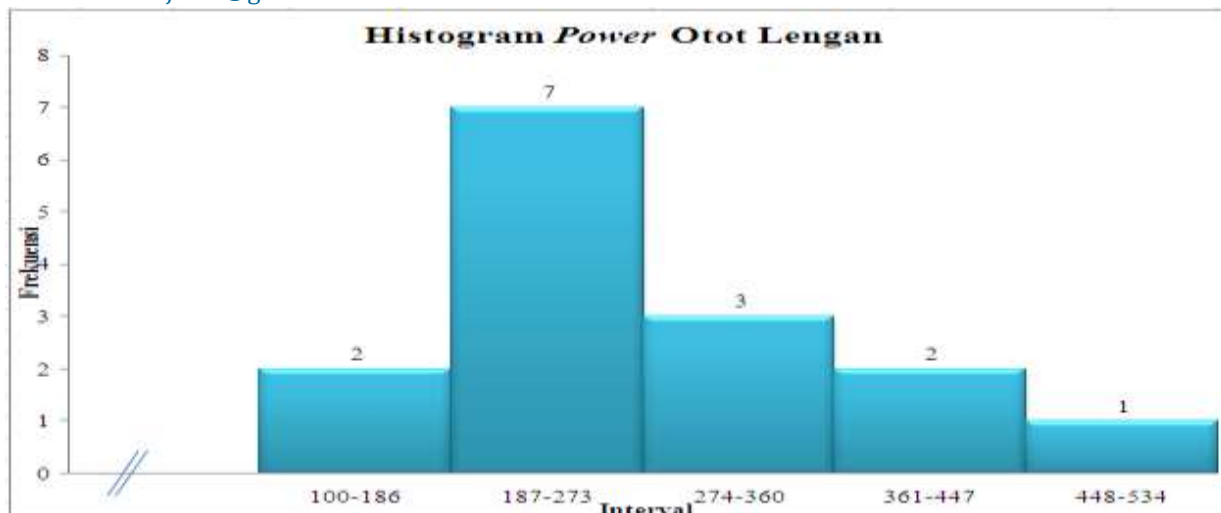
Study This discuss about contribution muscle *power* arms and believe self to results badminton *smash* PB player . Reality . Data obtained can see the description following This:

1. *Power Muscle Arm PB Player. Reality*

Based on test measurements in the field with use instrument that is *medicine ball throw* which aim for measure *power* muscle arms belonging to 15 samples that is PB player. Reality. From the results *power* data retrieval muscle arm obtained mark highest 530, value lowest 100, average (Mean) 284.67, value middle (Median) 250, and standard deviation 112.28. Then data *power* muscle arm can seen spread the data is in 5 class intervals with class interval length as many as 87. In class First with range class interval 100-186 exists frequency absolute as many as 2 people with frequency relatively as much as 13.33%, in class second with range Interval class 187-273 exists frequency absolute as many as 7 people with frequency relatively as much as 46.67%, in class third with range class interval 274-360 exists frequency absolute as many as 3 people with frequency relatively as much as 20%, in class fourth with range Interval class 361-447 exists frequency absolute as many as 2 people with frequency relatively as much as 13.33%, in class fifth with range Interval class 448-534 exists frequency absolute as many as 1 person with frequency relatively as much as 6.67%. For more he explained can seen in the table under This :

Table 1. Distribution Frequency *Power* Muscle Arm PB Player Reality

No	Intervals	Absolute Frequency	Frequency Relatively
1	100 - 186	2	13.33%
2	187 - 273	7	46.67%
3	274 - 360	3	20.00%
4	361 - 447	2	13.33%
5	448 - 534	1	6.67%
Amount		15	100%



Graph 1. Histogram of Test Results *Power* Muscle Arm PB Player. Reality

2. Believe Self PB Player . Reality

Based on test measurements in the field with use instrument confident in using a questionnaire on 15 samples PB player Reality. From the results confident data retrieval obtained mark score questionnaire highest 63 marks lowest 53, average (Mean) 58.87, value middle (Median) 59, frequent value appears (Mode) 60 and standard deviation 2.85. Then confident data can be seen spread the data is in 5 class intervals with class interval length as many as 2. In class First with range interval class 53-54 exists frequency absolute as many as 1 person with frequency relatively as much as 6.67%, in class second with range interval class 55-56 exists frequency absolute as many as 1 person with frequency relatively as much as 6.67%, in class third with range interval class 57-58 exists frequency absolute as many as 5 people with frequency relatively as much as 33.33%, in class fourth with range interval class 59-60 exists frequency absolute as many as 4 people with frequency relatively as much as 26.67%, in class fifth with range interval class 61-63 exists frequency absolute as many as 4 people with frequency relatively as much as 26.67%. For more he explained can seen in the table under This:

Table 2. Distribution Questionnaire Score Frequency PB Player Confidence. Reality

No	Intervals	Absolute Frequency	Frequency Relatively
1	53 - 54	1	6.67%
2	55 - 56	1	6.67%
3	57 - 58	5	33.33%
4	59 - 60	4	26.67%
5	61 - 63	4	26.67%
Amount		15	100%



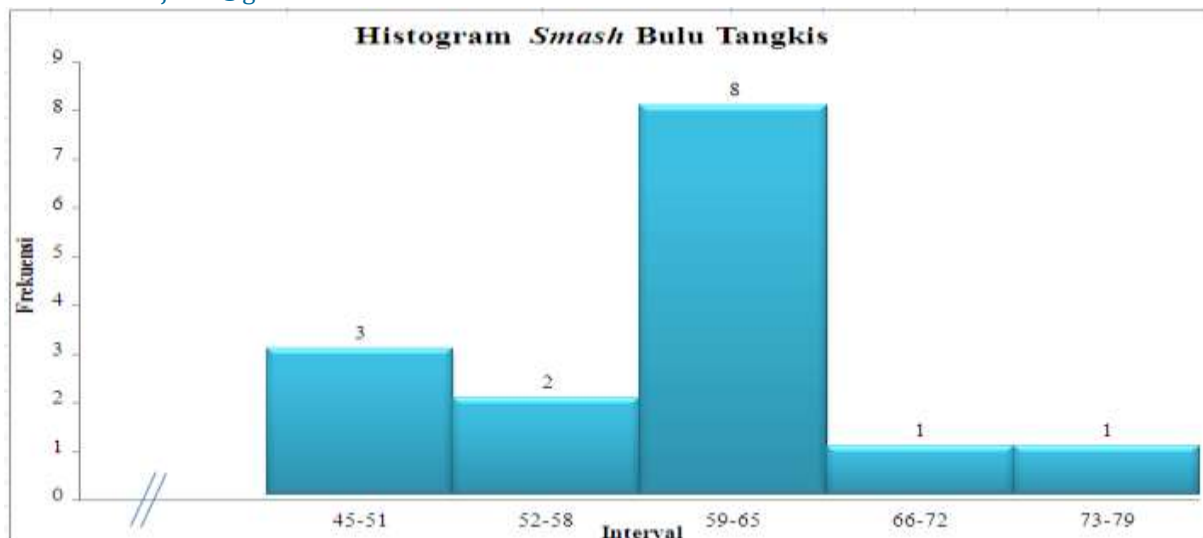
Graph 2. Histogram of Questionnaire Scores Believe Self PB Player . Reality

3. Smash Badminton PB Player. Reality

Based on test measurements in the field with use test *smash* purposeful badminton for measure ability direct *the smashed* ball to direction target. From 15 samples of PB players. Reality obtained results skills data collection *smash* badminton Where mark highest 79, value lowest 45, average (*mean*) 60.20, value middle (Median) 62, a frequent value appears (Mode) 63 with standard deviation of 8.16. Then data *smash* badminton can seen spread the data is in 5 class intervals with class interval length as many as 7. In class First with range interval class 45-51 exists frequency absolute as many as 3 people with frequency relatively as much as 20%, in class second with range interval class 52-58 exists frequency absolute as many as 2 people with frequency relatively as much as 13.33%, in class third with range interval class 59-65 exists frequency absolute as many as 8 people with frequency relatively as much as 53.33%, in class fourth with range Interval class 66-72 exists frequency absolute as many as 1 person with frequency relatively as much as 6.67%, in class fifth with range interval class 73-79 is present frequency absolute as many as 1 person with frequency relatively as much as 6.67%. For more he explained can seen in the table below This :

Table 3. Distribution Frequency Test *Smash* Badminton PB Player. Reality

No	Intervals	Absolute Frequency	Frequency Relatively
1	45 - 51	3	20.00%
2	52 - 58	2	13.33%
3	59 - 65	8	53.33%
4	66 - 72	1	6.67%
5	73 - 79	1	6.67%
Amount		15	100%



Graph 3. Histogram of Test Results *Smash* Badminton PB Player Reality

Based on results calculation of data from third tests that have been done obtained results analysis the data as following:

1) Contribution Power Muscle Arm To *Smash* Badminton on PB Players Reality

Based on the data obtained then analyzed, then can is known that for connection variable This means that there is mark contribution from variable X_1 against variable Y is 49.56%.

2) Contribution Believe Self To *Smash* Badminton on PB Players Reality

Based on calculation of correlation data from believe self to *smash* badminton, obtained that for connection variable mark contribution from variable X against variable Y is 42.12%.

3) Contribution Power Muscle Arm and Believe Self T against *Smash* Badminton on PB Players Reality.

Based on the data obtained then analyzed, then can concluded that for connection variables X_1 , mark contribution from variables X_1, X_2 against variable Y is 58.37%. To find out the contribution value, the formula $K D = r^2 \times 100\%$ is used, so that the contribution value is known *power* muscle arms and believe self to *smash* badminton p there are PB players . Reality is 58.37% and the rest amounting to 41.63% was contributed by other factors such as coordination eyes and hands . For more he explained can seen in the table recap data below This:

Table 4. Recap of Data Calculation Results

N	r count	r table	Information	Big Contribution
20	0,764	0.514	Significant (have positive relationship)	58.37%

Discussion

From the results research that has been held to PB player. Reality, yes understood that *power* muscle arms and believe self have contribution with *smash* badminton, here prove that hypothesis that has been submitted can accepted namely: Research results This show that there is contribution *power* muscle arm to *smash* badminton on PB players. Reality amounting to 49.56% with $r_{count} = 0.704 > r_{table} = 0.514$. This matter show that *power* muscle arm owned by the player will give donation as required power For do *smash* badminton the more Good *power* muscle arm owned by the player so his abilities in *smash* will the more Good . There is

contribution the happen when arm move do blow from part on dive to direction field opponent, so shuttlecock badminton will be very fast to direction field against.

Then results study this also shows that There is contribution believe self to *smash* badminton on PB players . The reality is 42.12% with $r_{count} = 0.649 > r_{table} = 0.514$. So that based on study This can understood that with believe good self in do smash badminton, will increase results from the technique he used. With trust high self, then a player badminton can maximizing strong and confident smash results will his abilities in create good smash technique, so against will difficulty in parry or return blow smash done.

As well as results study This show that There is contribution *power* muscle arms and believe self to *smash* badminton on PB players . The reality is 58.37% with $r_{count} = 0.764 > r_{table} = 0.514$. There is contribution from *power* muscle arms and believe self in a way simultaneously to *smash* badminton on PB players. Reality show that every *smash* badminton carried out by students depending on the level element physique like *power* muscle arms and believe self that he has , so *smash* badminton which is conducted can dive sharp with appropriate to field against . Research result this is also relevant with research conducted by (Hermansyah, 2017) show results study that there is connection between *power* muscle arm with speed blow *smash* in Sports Badminton.

Influence of muscle power arm and leg power to accuracy and effectiveness badminton smash has Lots researched. Study show that strength muscle arm give contribution around 33.7% against accuracy smash hit, meanwhile leg strength provides contribution around 30.5% (Septianingrum, 2022). More further, there is correlation positive and significant between leg power and muscle power arm to smash blow on feathers parry (Pratomo & Iqbal, 2020). Besides that, research has highlighting impact coordination hand-eye to feather smash speed and accuracy parry (Rusdiana, 2020; Kristiyanti et al., 2021). Factors like internal shoulder rotation, flexion wrist hand, and supination arm lower has identified as contributor significant to current speed of the shuttlecock do overhead jumping deep smash hair parry (Rusdiana, 2020). Besides that is, flexibility wrist hands and power explode muscle arm is element important influences accuracy and effectiveness of deep smashes sport like volleyball and feathers parry (Gunawan & Rusdiana, 2019; Asnaldi, 2020). Components these, together with Leg strength is very important for smash success across various branch sports (Sari & Soegiyanto, 2022). In short, power muscle arms, leg strength, coordination movement hands and eyes, as well flexibility wrist hand is vital determining factors success deep smash hair badminton and sports related. Increase attribute physique This can in a way significant increase performance a athlete in do strong and accurate smash.

From the results testing third hypothesis the can understood that *smashes* badminton PB player . Reality influenced by two dominant factor that is factor *power* muscle arms and believe self . With thereby can understood that for increase Skills smash badminton must moreover formerly increase *power* muscle arms and believe himself. There is connection from *power* muscle arms and believe self to Skills *smash* badminton prove that Skills *smash* badminton is Skills technique basic ones is indispensable in game badminton. Objective control Skills *smash* badminton that is for can change previous abilities Not yet maximum become more abilities maximum Possible aiming and dropping *shuttlecock* on empty opponent 's area or seen No watched by opponents with do movement difficult *smash* taken by the opponent, so No can accepted by the team against. Or, directing the ball into the opponent 's difficult area reachable so that team against No capable withhold or control it.

CONCLUSION

Based on results data analysis and testing hypothesis obtained can concluded that, 1) There is contribution power muscle arm to results smash badminton PB player. The reality is 49.56% with mark $r_{\text{count}} = 0.704 > r_{\text{table}} = 0.514$. 2) There is contribution believe self to results smash badminton PB player. The reality is 42.12% with mark $r_{\text{count}} = 0.649 > r_{\text{table}} = 0.514$, 3) There is contribution power muscle arms and believe self to results smash badminton PB player. The reality is 58.37% with mark $r_{\text{count}} = 0.764 > r_{\text{table}} = 0.514$.

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