

HUBUNGAN KONDISI FISIK DENGAN KEMAMPUAN BANTINGAN SUPLEX ATLET WUSHU SANDA KABUPATEN WONOGIRI

*“The Relationship Between Physical Condition And Suplex Throwing Ability Of Wushu
Sanda Athletes In Wonogiri District:*

Abstrak

Wushu sudah lama diperkenalkan dengan istilah kung fu tetapi barulah pada tanggal 10 November 1992 KONI pusat meresmikan berdirinya PB Wushu Indonesia yang merupakan wadah bagi seluruh Perguruan Kung Fu di Indonesia. Untuk dapat melakukan suatu prestasi wushu terutama di Kabupaten Wonogiri pastinya seseorang harus memiliki beberapa komponen dan keterampilan dalam menghasilkan poin. Salah satu faktor yang menunjang prestasi atlet wushu ialah kondisi fisik. Tujuan untuk mengetahui ada hubungan antara kondisi fisik terhadap kemampuan bantingan suplex atlet wushu sanda Kabupaten Wonogiri. Dalam penelitian menggunakan total sampel berjumlah 15 orang dengan teknik pengambilan sampel adalah *total sampling*. Penelitian menggunakan metode kuantitatif dengan rancangan *cross sectional*. Instrumen penelitian ini menggunakan palang tunggal, alat *hand dynamometer*, alat papan skala, matras dengan analisis data menggunakan analisis univariat dan analisis bivariat. Hasil penelitian menunjukkan bahwa hubungan kondisi fisik dengan kemampuan bantingan suplex atlet wushu sanda Kabupaten Wonogiri pada tes yang diberikan oleh peneliti memiliki hasil yaitu, tiga dari lima tes memiliki hasil yang signifikan memiliki hubungan dengan kemampuan bantingan suplex atlet wushu sanda Kabupaten Wonogiri. Kesimpulan ini didukung oleh analisis linear berganda dengan menggunakan uji t parsial, pengukuran *pull up* menunjukkan hasil 0.001, pengukuran *hand dynamometer* menunjukkan hasil 0.008, dan pengukuran *vertical jump* menunjukkan hasil 0.001.

Kata Kunci : Wushu, Kondisi Fisik, Bantingan Suplex

Abstract

Wushu has long been introduced with the term kung fu but it was only on November 10, 1992 that the central KONI inaugurated the establishment of PB Wushu Indonesia which is a forum for all Kung Fu Schools in Indonesia. To be able to perform a wushu achievement, especially in Wonogiri Regency, a person must have several components and skills in generating points. One of the factors that supports the achievement of wushu athletes is physical condition. The aim is to find out whether there is a relationship between physical condition and the suplex throw ability of wushu sanda athletes in Wonogiri Regency. In the study, a total sample of 15 people was used with a total sampling technique. The study used a quantitative method with a cross-sectional design. The research instrument used a single bar, a hand dynamometer, a scale board, a mattress with data analysis using univariate analysis and bivariate analysis. The results of the study showed that the relationship between physical condition and suplex throwing ability of wushu sanda athletes in Wonogiri Regency in the test given by the researcher had results, namely, three out of five tests had significant results that had a relationship with suplex throwing ability of wushu sanda athletes in Wonogiri Regency. This conclusion is supported by multiple linear analysis using partial t-test, pull measurement showed a result of 0.001, hand dynamometer measurement showed a result of 0.008, and vertical jump measurement showed a result of 0.001

Keywords : Wushu, Physical Condition, Suplex Throw