ABSTRAK

HUBUNGAN *SOMATOTYPE* DENGAN KELINCAHAN ATLET SEPAK TAKRAW UPT SMA NEGERI OLAHRAGA JAWA TIMUR

Somatotype adalah studi mengenai tipologi tubuh manusia. Dalam beberapa literatur, diketahui bahwa *somatotype* mempengaruhi kelincahan seseorang. Penelitian ini bertujuan untuk mengetahui hubungan antara *somatotype* dengan kelincahan atlet sepak takraw UPT SMA Negeri Olahraga Jawa Timur. Penelitian ini merupakan penelitian kuantitatif statistik deskriptif, untuk mendapatkan data mengenai angka-angka, yaitu ukuran antropometri dan kelincahan, yang kemudian dianalisis dengan menggunakan statistik deskriptif untuk menggambarkan hubungan yang terjadi antara dua variabel. Titik antropometri yang diukur untuk menentukan *somatotype* adalah: *weight*, *height*, *triceps skinfold*, *subscapular skinfold*, *supraspinale skinfold*, *calf skinfold*, *biepicondylus humerus width*, *biepicondylus femur width*, *biceps girth*, dan *calf girth*, sedangkan tes kelincahan menggunakan metode *Shuttle Run Test*. Untuk mengetahui hubungan antara kedua variabel, analisis data menggunakan uji statistik *Chi-Square* dibantu dengan program SPSS 18.00. Hasil analisis menunjukkan terdapat hubungan yang signifikan antara *somatotype* dengan kelincahan atlet sepak takraw putra UPT SMA Negeri Olahraga Jawa Timur, dengan nilai *Asymp. Sig.* (*2-sided*) sebesar 0.008, maka dapat disimpulkan Ho ditolak dan Ha diterima. Di mana kategori *somatotype Balanced Mesomorph* merupakan atlet yang paling lincah dibandingkan atlet dengan kategori *somatotype* lain. Sedangkan pada atlet putri sepak takraw putra UPT SMA Negeri Olahraga Jawa Timur menunjukkan tidak terdapat hubungan yang signifikan antara *somatotype* dengan kelincahan, dengan nilai *Asymp. Sig.* (*2-sided*) sebesar 0.206, maka dapat disimpulkan Ho diterima dan Ha ditolak. Tidak adanya hubungan yang terjadi antara kedua variabel, dikarenakan kelincahan pada atlet putri tidak dipengaruhi oleh faktor *somatotype*, melainkan karena faktor lain, misalkan usia, jenis kelamin, berat badan, atau kelelahan.

Kata Kunci: *Somatotype*, Kelincahan, Sepak Takraw

ABSTRACT

THE RELATION BETWEEN SOMATOTYPE AND AGILITY TAKRAW ATHLETES SPORT HIGH SCHOOL OF EAST JAVA

Somatotype was a study about typology of human's body. In some literatures, found that somatotype affected someone's agility. This study aimed to knew the relation between somatotype and agility of takraw athletes of UPT SMA Negeri Olahraga of East Java. This study used descriptive quantitative statistics methods in order to obtained the numeral data, which consist of anthropometry and agility. The data are analyzed by used descriptive statistics to found out the relation between the two variables. Anthropometry point that was measured to determined somatotype: weight, height, triceps skinfold, subscapular skinfold, supraspinale skinfold, calf skinfold, biepicondylar humerus width, biepicondylar femur width, biceps girth, and calf girth, while the agility test, used Shuttle Run Test method. To found out about the relation between two variables, the data analysis used Chi-square statistics that was supported by SPSS 18.00 program. The result showed that there was a significant relation between somatotype and the agility of male takraw athletes of UPT SMA Negeri Olahraga of East Java, with the Asymp. Sig. (2-sided) value was 0.008, it could be concluded that Ho was rejected and Ha was accepted. Where somatotype Balanced Mesomorph athlete category was the most agile than the other categories. While on female takraw athletes, there was no significant relation which was found with the Asymp. Sig. (2 sided) value was 0.206. Therefore, it could be concluded that Ho was accepted and Ha was rejected. The fact that there was no relation between the two variables was because the female athletes agility were not affected by somatotype factor, but it was affected by other factors, like age, gender, weight, or exhaustion.

Keywords: Somatotype, Agility, Takraw