

CONTRIBUTION OF FLEXIBILITY, STRENGTH, AND BALANCE ON THE CARTWHEEL OF PKO STUDENTS CLASS 2016

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ABSTRACT

This study aims at determining the contribution of biomotoric factors (flexibility, strength, and balance) on the cartwheels on PKO students of FIK Yogyakarta State University year 2016.

It is a descriptive quantitative research. The population and samples of research were 60 students of PKO year 2016. The data were obtained using survey methods with tests. The data were analysed using correlation analysis of product moment, partial correlation analysis and multiple regression analysis, and partial eta squared. The prerequisite test included normality, linearity, and multicollinearity tests.

The results of the research are as follows. There are significantly positive effects ($p < 0,05$) of flexibility, strength, and balance, both individually and altogether on cartwheels of PKO students of FIK UNY year 2016. Flexibility, strength, and balance provide effective contribution (37.5%) on the cartwheels of PKO students of FIK UNY year 2016. Partially (partial eta squared), each of which contributed as follows: flexibility 11,0%; strength 10,7%; and balance 8,0%.

Kata Kunci: *flexibility, strength, balance, cartwheels*