**THE INFLUENCE OF THE PHYSICAL COMPONENTS OF THE DOMINANT, AND CONFIDENT ATHLETES BASKETBALL PALEMBANG CITY TOWARD THE SUCCESS OF THE FREE THROW**

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**ABSTRACT**

This research aims to find out how much influence among four free variables i.e. power arm muscles, power limb muscles, wrist flexibility, confidence with variable bound to the success of the free throw. The methods used in this research are (1) phat analysis (2) simple correlation coefficients of determination (3). The population in this research is the 30 athletes palembang. (1) there is a direct influence between the power arm muscles against the success of the free throw with value of 0.756 (2). There is a direct influence between power limb muscles against the success of the free throw with value of 0.675 (3). There is a direct influence between the flexibility of the wrist towards the success of the free throw with value of 0,673 (4). There is a direct influence between confidence towards the success of the free throw with value of 0.769 (5). There is a direct influence between the power arm muscles against a confidence value of 0.475 (6). There is a direct influence between power limb muscles against a confidence value of 0.587 (7). There is a direct influence between the flexibility of the wrist against the confident with a value amounting to 0.684 (8). There is a direct influence of power against power arm muscles limb muscles with a value amounting to 0.573 (9). There is the influence power between limb muscles directly against the flexibility of the wrist with a value of 0.765 (10). There is a direct influence between the flexibility of the wrist against the power arm muscles with a value amounting to 0.931.

***Keywords***: power, power arm muscles limb muscles, wrist flexibility, confidence and success of free throw

**INTRODUCTION**

The game of basketball is one of the world's most popular sport, the United States can be said to be the country's number one basketball fans. United States basketball competition, the NBA (National Basketball League) is always eagerly anticipated the fans around the world. In Indonesia alone, more and more people who are interested with this sport. This can be evidenced from popping a lot of basketball fans community and race-race basketball in Indonesia.

The game of basketball in Indonesia has been known in the Dutch colonial era, when it was in Yogyakarta and solo for the first basketball game played at sports events in Indonesia's highest i.e. better known weekend sports National (PON). The development of the game of basketball very bolah rapidly in Indonesia, this is proven the abundance of host Championship-Championship and the regional or national level. A lot of young kids to adults, both men mapupun perumpuan likes sports basketball games.

Basketball games including the game's complex gerakanya, meaning his movement consists of the combined elements of a coordinated in neat so that it is able to play the ball well. Stamina, coordination of oto-muscle, agility or agility of movement and quick thinking ability is a prerequisite to become a reliable player. Before throwing the ball, a player should be able to hold the ball well. If the way of holding the ball just wrong, of course he can't throw it well. Before he received the ball, should be able to catch the ball well anyway in order to be colonised the ball well.

Shooting is the target of the end of each play basketball. Mastery of this technique have against an important role in the game of basketball, because the shot is a major key and final goal that can determine success in the game of basketball. The success of a team in a game is always determined by its success in shooting. To be able to succeed in a shot to do the correct techniques.

In the game of basketball shots bolah is divided menjdi two sections, namely, the field and the free throw. Field trial shot is a shot embodying the ball into the basket at the time of the game is in progress, this field shot can be done all the players who are the real game while doing a free throw is inversely proportional, free throw is a gift given by referees to players for scoring a number at the position right behind the lines of the free throw, the granting of free throw is usually given when opposing players doing the forbidden area violation.

Basketball Athletes sometimes get difficulty in conducting free throw, according to the players is not an easy thing to do free throw, most players tend to be weak and sometimes hardship at the time of the free throw. This is due to factors not believe himself a basketball player or a distraction from the audience that supports the opposing team at the time of a match, so a player cannot easily to do free throw.

The issue is also a problem on the basketball athlete palembang, palembang city Basketball athletes get the difficulty at the time of the free throw. Based on observations, the situation at the time of exercise, especially at the time of the free throw shot results conducted basketball athlete palembang result not maximal. It is worthy of concern, those results beyond expectations PERBASI palembang. In other words the results of free throw athlete palembang is still lacking, even though the training process and the construction of the dominant physical condition (power arm muscles, power limb muscles, wrist flexibility and self-confidence).

According to Harsono (1988:200) power is the ability of a muscle to exert maximum strength in a very fast. Power is one of the components of motion which is very important to implement a very heavy as it may reflect how strong people can throw. Included therein is shot on a basketball game. Based on the explanation above, can be drawn an understanding that power arm is an arm muscle's ability to perform activities in a fast and strong to do activities quickly and powerfully to produce energy. According to Mahendra (2000:35) powers are a number of resources that can be generated by a muscle when muscle is it contracting Power also called power needed in the sport of basketball games.

Power arm muscles that are referred to in this research is the ability of the muscles in the arm that is strong and fast in doing free throw, the required resource is mainly obtained from the strength of the muscles in the arm. Therefore, a good power is indispensable to produce good shots while pushing the ball so that in addition to the right in the direction of the target, the ball too got to the destination.

Power or explosive is the ability of the working muscles (businesses) in a unit of time (second). (hint:,2004 Human Physiology practical-45). According to Ismaryati (2006:59) that power comes to power and the speed of muscle contraction of dynamic and explosive as well as engaging the expending maximum muscle strength in the soonest possible time. Understanding yield usually refers to a person's ability in doing maximum strength with the efforts deployed within the sependek-pendeknya.

Understanding yield usually refers to a person's ability in doing maximum strength with the efforts deployed within the sependek-pendeknya. Yield is also often called the explosive power, or muscular power. According to Suharno HP (1981:37) States that: "an explosive is the ability of a muscle or group of muscles to cope with the strength and load takanan at high speed in one movement intact". According to m. Sajoto (1988:58), that "an explosive muscle (muscular power) is the ability of a force to do the maximum, with the efforts deployed in a short time.

In conducting free throw work required limb muscles to grow in conducting impulses generate a good shot. The precision of the optimal springboard for doing a sting depends on a limb muscles por dimiki each basketball player. The greater the power the limb muscles dimiki player then push from the legs will be a maximum, that will ultimately free throw as young as in accordance with directions of the basketball cart. At the time of membak the ball towards the opponent's basket, required arm muscles so that poer arm can move perfectly so that the shot would be appropriate targets. The description of the suspected power arm and leg muscle power has contributed to the skills of the free throw.

Flexibility is an important factor in all aspects of human movement. The suppleness or flexibility is necessary requirements automatically for the continuation of motion in everyday life including while exercising. Of the many components of physical fitness, flexibility for an athlete is absolutely necessary and very dominant is the basis of almost every technique in motion. Pliability in sporting activities is urgently needed, because by having good flexibility, then the athletes can perform various tasks of motion with efficient and effective. Flexibility can be defined as a series of movement in a joint. This relates to the movement and the limitations of the body or parts of the body that can be bent or played with fleksion and stretching muscles. Flexibility refers to the vastness of the space motion of joints and muscles of the body. Sajoto States that flexibility is the effectiveness of a person in adjusting to all activities with a wide body extension.

The wrist is one of the wrist joints arms, wrist joint was exactly (art radiocarpal). In the game of basketball, the flexibility of the wrist is used to perform the pasing, catching, shooting and dribbling. In a discussion of the term flexibility includes two interconnected things i.e. flexibility tekait closely with the State of the bones and joints, while the flexibility of tekait closely with the degree of elasticity of the muscles, tendons and ligaments. For that second element of suppleness and flexibility) will guarantee the extent of motion at joints and ease the muscles, tendons and ligaments and joints at the moment, doing the motion.

Self confidence is a sense of trust in the ability of its own that is able to achieve certain accomplishments, and when his achievements already high then that individual will be more self-confidence. Self-confidence will give rise to a sense of security that can be seen from the attitudes and behavior that seemed to calm, not easily waver. Not easy to get nervous, and assertive. Athletes with aplomb (full-confidence) is usually set a target in accordance with its capability so that trying to achieve the target. In case of failure, will be faced and accepted gracefully tampa must be frustrating, Apta Mulsidayu (2013:102). According to Ria Lumintuarso (2013:119) the confidence is the result of the match the goals and capabilities of athletes will have the self confidence if they trust the ability to achieve the goals (you only achieve what you believe). Confidence is internal controls against the feelings of someone of power in himself, his ability, awareness and responsible against the decision that has been on sets them down, Komarudin (2014:69).

Based on explanation above can be disimpulakan that the confidence is very important to have each individual basketball players, with confidence high that people become convinced of the success of the free throw shots do.

**METHOD**

Based on the study of issues that will be examined and the goal will be achieved, then the method used in this research is a test of the right method, path analysis technique for the analysis of the data. This research involves four variables are free i.e. power arm muscles, power limb muscles, wrist flexibility, confidence, ... While the bound variable that is the success of the free throw. The link between non-variable variable variable bound. In accordance with the draft, there are five types of research that should be collected, namely: (1) data about the success of the free throw (2) data to power the arm muscles (3) data tunggkai muscle power (4) wrist flexibility and data (5) confidence. To obtain data on the success of the free throw, power arm muscles, muscle power tunggkai, the flexibility of the wrist, and confident. use tests and measurements. Match the type of the given variables involved in this research there, then to get the data that is processed in this research. then the instrument which is used: (1) tests the free throw (free throw) (2) test two-hand medicine ball put (3) tests of vertical jump power, (4) test the flexibility of the wrist with a goniometer (5) test question form.

In this study data analysis techniques used in hypothesis testing research is (1) the analysis path (path analysis) (2) (3) simple correlation coefficients of determination. Prior to testing the hypotheses in advance done testing normality test IE prasyaratan by using the lilefors test and test its homogeneity by using kolmogorof smirnov as perasyaratan path analysis. In addition, conducted an analysis of keberartian with α = 0.05 free variables influence against the variable bound either collectively or individually.

Target population (Target Population) in this study is the whole basketball athletes in palembang that 30 athletes. Because population numbers only 30 athletes, then the entire population was made a subject of research. Research samples taken from populations with a total sampling which is the entire basketball athlete palembang totalling 30 athletes.

**RESULTS AND DISCUSSION**

This research study is predicated on five data as variable that has been set up, namely the free throw success variable (Y) using the test free throw, power muscles of the limbs (X 1) using the test two-hand medicine ball power put, limb muscles (X 2) Power vertical jump test, the flexibility of the wrist (X 3) test using a goniometer, confident (X 4) test question form. This study examines the influence of exogenous variables between with endogenous. This research studies conducted to answer the problems revealed in advance. As for the study in this study to find out: (1) direct influence power arm muscles against the success of the free throw, (2) influence of direct power limb muscles against the success of free throw (3) direct influence the flexibility of the wrist towards the success of the free throw, (4) the direct influence of confidence towards the success of the free throw, (5) the direct influence of the power arm muscles against a confident, (6) the direct influence of limb muscles power against a confident, direct influence (7) the flexibility of the wrist against the confident, (8) the direct influence of power against power arm muscle muscles limbs, (9) direct influence power limb muscles against wrist flexibility, (10) direct influence the flexibility of the wrist against the power arm muscles.

**Table 1. Description Of Data**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No. | Data description  | Power arm muscles | Power limbs muscular  | wrist flexibility  | Self-confidence  | Success the free throw  |
| 1 | The number of samples | 30 | 30 | 30 | 30 | 30 |
| 2 | Minimum Value | 10 | 10 | 9,18 | 126,53 | 9 |
| 3 | Maximum Value | 41 | 30 | 30,05 | 171,40 | 34 |
| 4 | Range | 31 | 20 | 20,87 | 44,87 | 23 |
| 5 | Mean | 21,103 | 20,931 | 18,720 | 134,506 | 21,931 |
| 6 | Standard Deviation | 9,6189 | 5,7874 | 6,8521 | 6,0688 | 7,7502 |
| 7 | variance  | 92,524 | 33,493 | 46,951 | 36,830 | 60,065 |

Based on the results of processing the data using SPSS 23, then the hypothesis test results obtained in this research, path analysis based on causal models created in teoritik. As for the causal model of teoritiknya is as follows:



Figure 1. Relationship Structure X 1 X 2 X 3 and X 4 Against Y

Causal models are above there are 10 path coefficient ρ, 51, 52, 53 ρ ρ, ρ, ρ 54 41, 42, 43 ρ ρ, ρ ρ21, 32, ρ13. Each coefficient of the line will be tested using the test with segnifikansinya-t (t-test). If the value t calculate > value t Table for each koefien line then it can be inferred that the causal coefficient model lines were significant. Based on the results obtained after making analysis model used as the basis in answering the hypotheses and draw conclusions on the research. Explanation of the hypothesis answers against can be outlined as follows:

**Direct influence of muscle power sleeves (X1) towards the success of the free throw (Y)**

From the results of calculation of path analysis, direct influence muscle power sleeves (X1) towards the success of the free throw (Y), the value of the coefficient of 0.756 line where the coefficient of t count 6, 137 while the t table value in the dk = 29 for α = 0.05 amounting 1.69 by Therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 power arm muscles (X1) influential directly positive towards the success of the free throw (Y) can be accepted.

**Influence of Direct power limb muscles (X2) towards the success of the free throw (Y)**

From the results of calculation of path analysis, direct influence power limb muscles (X2) towards the success of the free throw (Y), the value of the coefficient of 0.675 line where the coefficients t count of 4.787 t table value while at dk = 29 for α = 0.05 amounting 1.69 by Therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted power thus H1 limb muscles (X2) influential directly positive towards the success of the free throw (Y) can be accepted.

**Direct influence the flexibility of the wrist (X3) against the free throw (Y)**

From hasi calculation path analysis, direct influence the flexibility of the wrist (X3) against the success of the free throw (Y) values of the coefficient of 0.673 line where the coefficient t count of t table in value while 4.783 dk = 29 for α = 0.05 of 1.69 therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 wrist flexibility (X3) a positive effect directly against the free throw (Y) can be accepted.

**Direct influence of Self-confidence (X4) against the free throw (Y)**

From hasi calculation path analysis, direct influence on confidence (X4) towards the success of the free throw (Y), the value of the coefficient of 0.769 line where the coefficient of t count amounted to 6.241 while the value t table on dk = 29 for α = 0.05 amounting 1.69 due It is the value of the coefficient t count is greater than the value of the t table then H0 is rejected and the H1 is accepted thus confident (X4) influential directly positive towards the success of the free throw (Y) can be accepted.

**Direct influence of muscle power sleeves (X 1) against the Confident (X4)**

From hasi calculation path analysis, direct influence muscle power sleeves (X1) against the confident (X4), the value of the coefficient of 0.475 line where the coefficient of t count of t table in value while the 2.937 dk = 29 for α = 0.05 amounted to 1.169 therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 power arm muscles (X1) influential positive directly against the confident (X4) can be accepted.

**Influence of Direct power limb muscles (X2) against the Confident (X4)**

From hasi calculation path analysis, direct influence power limb muscles (X2) against the confident (X4), the value of the coefficient of 0.587 line where the coefficients t count of t table value while at 3.775 dk = 29 for α = 0.05 amounting 1.69 therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted power thus H1 limb muscles (X2) a positive effect directly against the confident (X4) can be accepted.

**Direct influence the flexibility of the wrist (X3) against the Confident (X4)**

From hasi calculation path analysis, direct influence the flexibility of the wrist (X3) against the confident (X4), the value of path coefficient 0.684 where coefficient t count of t table in value while 4.893 dk = 29 for α = 0.05 amounting 1.69 by Therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 wrist flexibility (X3) a positive effect directly against the confident (X4) can be accepted.

**Direct influence of muscle power sleeves (X1) against power limb muscles (X2)**

From the results of calculation of path analysis, direct influence muscle power sleeves (X1) against power limb muscles (X2), the value of path coefficient 0.573 where a 3 t count coefficient, 743 while the value t table on dk = 29 for α = 0.05 amounting 1.69 due It is the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 power arm muscles (X 1) take effect directly against the positive power limb muscles (X2) is acceptable.

**Influence of Direct power limb muscles (X2) towards the flexibility of the wrist (X3)**

From the results of calculation of path analysis, direct influence power limb muscles (X2) towards the flexibility of the wrist (X3), the value of the coefficient of 0.765 line where the coefficient of t count of t table in value while 6.235 dk = 29 for α = 0.05 of 1.69 therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted power thus H1 limb muscles (X 2) influential directly positive towards the flexibility of the wrist (X3) is acceptable.

**Direct influence the flexibility of the wrist (X3) against the power of muscle sleeves (X1)**

From hasi calculation path analysis, direct influence the flexibility of the wrist (X 3) against the power of muscle sleeves (X1), the value of path coefficient 0.931 where coefficient t count of t table value while 12.045 on dk = 29 for α = 0.05 amounting 1.69 Therefore the value of the coefficient t count is greater than the value of the t table then H0 is rejected and accepted thus H1 wrist flexibility (X3) a positive effect directly against the power arm muscles (X1), be accepted.

**CONCLUSION AND SUGGESTION**

The withdrawal of the conclusions made on the basis of research findings with five variables namely variables exogenous intervining variable one, and the endogenous variable one. Exogenous variable consists of a power arm muscles (X1), power muscles of the limbs (X2), flexibility of the wrist (X3) and varibel intervining confident (X4), whereas the variable endogennya is the success of the free throw (Y). based on the analysis of data and statistical calculation on discussion before him, then it can be summed up as follows:

1. There is a direct peangaruh between the power arm muscles against the success of the free throw.

2. There is a direct influence between power limb muscles against the success of the free throw.

3. There is a direct influence between the flexibility of the wrist towards the success of the free throw.

4. There is a direct influence between confidence towards the success of the free throw.

5. There is a direct influence between the power arm muscles against a confident.

6. There is a direct influence between power limb muscles against a confident.

7. There is a direct influence between the flexibility of the wrist against the confident.

8. There is a direct influence of power against power arm muscles muscular legs.

9. There are influences directly between power limb muscles against the flexibility of the wrist.

10. There is a direct influence between the flexibility of the wrist against the power arm muscles.

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