

HUBUNGAN ANTARA POWER OTOT TUNGKAI DAN KECERDASAN EMOSIONAL DENGAN KEMAMPUAN RENANG GAYA DADA 50 METER PADA SISWA KELAS XI SMA NEGERI 2 PADANG PANJANG

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ESSENCE

The problem of this research is the lack of ability in the 50 meter breaststroke swimming. This can be seen when students go to swimming lessons, because the lack of leg muscle power has an impact on the less maximal propulsion of the legs, loss of body balance, emotions and emotional intelligence. The purpose of this study was to determine the extent of the relationship between leg muscle power and emotional intelligence with the 50 meter breaststroke swimming skill in class XI students of SMA Negeri 2 Padang Panjang.

This type of research is correlational research. The study population was 88 students. The sampling technique was purposive sampling, the number of samples was 60 students. Data collection techniques used leg muscle power with a vertical jump test, emotional intelligence with a questionnaire, and 50 meter breaststroke swimming skills.

The results of the study with a significant level of <0.05 , namely: (1) There is a significant relationship between leg muscle power and the ability to swim the 50-meter breaststroke in class XI students of SMA Negeri 2 Padang Panjang, with the results of $r\text{-count } 0.395 > r\text{-table } 0.254$. (2) There is a significant relationship between emotional intelligence and the ability to swim 50 meters breaststroke in class XI students of SMA Negeri 2 Padang Panjang, with the results of $r\text{-count } 0.298 > r\text{-table } 0.254$. (3) There is a significant relationship between leg muscle power and emotional intelligence with the ability to swim the 50-meter breaststroke in class XI students of SMA Negeri 2 Padang Panjang, with the results of $F\text{-count } 7.03 > F\text{-table } 1.56$.

Keywords: Leg muscle power, emotional intelligence, 50 meter breaststroke swimming ability