

ABSTRACT

A CORRELATION BETWEEN WAIST FLEXIBILITY WITH SMASH SKILLS IN EXTRACURRICULAR VOLLEYBALL AT STATE JUNIOR HIGH SCHOOL 34 SELUMA

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This study aims to determine the correlation between waist flexibility with smash skills in extracurricular volleyball at State Junior High School 34 Seluma. This research attempts to find out whether there is a relationship between two or more variables. The independent variable is waist flexibility and the dependent variable is smash skills. The sampling method used in this study is total sampling technique. The sample consists of all volleyball players at State Junior High School 34 Seluma, totaling 15 individuals. The instruments used in this study are the waist flexibility test and smash skills test. The obtained r-table value is 0.51 because the correlation coefficient between $r_{xy} = 0.94 > 0.51$ and the contribution is 88.3%, indicating that the relationship between waist flexibility and smash skills in extracurricular volleyball at State Junior High School 34 Seluma is significant and strong. Thus, the hypothesis stating "there is a correlation between waist flexibility with smash skills in extracurricular volleyball at State Junior High School 34 Seluma" is accepted. This means there is a connection between waist flexibility and smash skills in the game of volleyball at State Junior High School 34 Seluma.

Keywords: *waist flexibility, smash skills.*

