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"Enhancing Sport, Physical Activity, and Health Promotion for a Better Quality of Life"

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Laboratory of "Prof. Sosdijono" Sports Science Faculty, Semarang State University (UNNES), Indonesia
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INTERPERSONAL COMMUNICATION LINK, PERCEPTION KINESTHETIC AND CONSISTENCY MOTION ACHIEVEMENT ARCHERY ATHLETES

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Abstract
The method used was survey by using correlational techniques. The Samples is 35 athletes men and women of the total population of 50 athletes. The research instruments were used: (1) Interpersonal communication using test instruments questionnaire interpersonal communication, (2) Perception Kinesthetic using test instruments sense hand movements on the horizontal plane, (3) Consistency of motion using the test scoring within 30 meters of 2 sessions, (4) Performance archery athletes using achievement test total score achieved last round recurve athletes. Data analysis techniques used to answer the hypothesis of this study is the technique of regression and correlation analysis. The Results of testing the first hypothesis, there is a positive relationship between interpersonal communication ($X_1$) with archery athlete's performance ($Y$), it is indicated by the correlation coefficient ($r_{xy}$) of 0.571 with the regression equation $Y = 21.46 + 0.571 X_1$. Coefficient of determination of $0.571^2 = 32.58$. The second hypothesis, there is a positive relationship between the perception of kinesthetic ($X_2$) with archery athlete's performance ($Y$), it is indicated by the correlation coefficient ($r_{xy}$) of 0.630 with a regression equation $Y = 18.52 + 0.630 X_2$. Coefficient of determination of $0.630^2 = 39.65$. The third hypothesis, there is a positive relationship between the consistency of motion ($X_3$) with archery athlete's performance ($Y$), it is indicated by the correlation coefficient ($r_{xy}$) of 0.508 with a regression equation $Y = 24.62 + 0.508 X_3$. Coefficient of determination of $0.508^2 = 25.77$. Fourth hypothesis, there is a positive relationship between interpersonal communication ($X_1$), the perception of kinesthetic ($X_2$), and consistency of motion ($X_3$) together with the achievements of athletes in archery ($Y$), it is shown by the correlation coefficient of 0.794 with a regression equation $Y = -4685 + 0.363 X_1 + 0.424 X_2 + 0.307 X_3$. Contribution of these three variables is shown by the determination keoesiens 0.794² = 0.629, so that together, interpersonal communication, kinesthetic perception and consistency of motion contributed 62.9% to the achievement of athletes in archery. So it can be concluded that there is a positive relationship between interpersonal communication, kinesthetic perception and motion consistency with the achievements of athletes in archery.

Keywords: Interpersonal communication, kinesthetic perception, motion consistency, achievements of athletes in archery

INTRODUCTION
Archery is a sport of Olympic or world class. To create a formidable athletes and professionals in need of some process, because no athlete who was born a champion without practicing. Achievement is the result of the exercise has been done over and over and over so that it becomes a proof of an athlete for his hard work during the training process takes place. Success in many arenas are generally the result of planning, hard work, commitment yaming right exercise program. Exercise is an iterative process and increased in order to increase the potential in order to achieve maximum (James Tangkudung, 2012: 7). Victory with maximum performance is not only a goal of the archers, but also has become its own pleasure in the sport of archery. Sports archery is a sport that is in need of a good kinesthetic perception level in order to feel the movement made by each individual athlete that promotes the consistency of motion in each release of the arrows. These

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factors must be supported by psychological factors that either one of them is the most basic of effective interpersonal communication.

According to Alderman increase or decrease in the athlete's performance in terms of four dimensions: (1) The dimensions of physical fitness, (2) Dimensions skills, (3) Dimensions talent and physical traits, (4) The psychological dimension that is:
1. Dimensions of physical fitness includes, among others, endurance, power, strength, flexibility, agility, speed, reaction, coordination and so on.
2. Dimensional skills include: coordination, reaction time, kinesthetic, agility in conducting movements in accordance sport involved.
3. Dimensions of talent and physical traits, including the following: physical keadeaan, height, weight, range of movement and so on.
4. Dimension Psychological include motifs include: achievement motive, power, lack of dependence, actualization and seek tension and personality traits such as discipline, the desire for more of others, aggressiveness, confidence, emotional stability, openness, responsibility, courage and so on. (Sudibyo Setyobroto, 1993: 16).

Communications became one of the ways in which the human being to know the desires, feelings, and attitudes to be understood by others. Effective communication is if the message delivered by the same sender is able to be interpreted by the message recipient. Everett M. Rogers and Lawrence Kincaid claims that communication is a process in which two or more persons to form or exchange information between each other, which in turn occurred deep mutual understanding, while Shannon and Weaver reveals communication is a form of human interaction interplay one another, either verbally or non-verbally. (Wiryanto, 2004: 6-7).

The process of communication that occurs between some persons in the context of two directions is referred to as interpersonal communication. Interpersonal communication has efficacy in changing attitudes, beliefs, opinions, and behaviors communicant as well as effects and tradeoffs arising from the process of interpersonal communication can be felt.

![Figure 1. Communication Model Shannon and Weaver](image)

Based on the above description it can be said that form energy, which affects individual decision-making and the possibility of choice that is called information. Generally, the information presented has a goal to increase knowledge, change attitudes, and behavior of individuals. Sources of information (information source) generates a message to be communicated. Transmitter or
transmitter change the message into a signal corresponding to the channel used. Channel or channel medium used to transmit the signal from the transmitter (sender) to receiver (receiver). Destination (target) is the one which is the goal of delivering the message. Noise source (interference message) is an additional stimulus that interfere with the accuracy of messages that can lead to failure of communication can be external, internal, semantics (symbols).

Interpersonal communication have special skills in order to increase its effectiveness. According to Kumar characteristics of effective interpersonal communication include: (1) Openness, (2) Empathy, (3) support, (4) positiveness, (5) Equality. (Wiryanto, 2004: 36).

1. Openness
   Our willingness to provide feedback on the other person with an honest, happy and forthright about everything the information received. Openness requires us to be open to those who interact with us.

2. Empathy
   Feel what others feel. Our ability to know what is being experienced by others at any given moment from the standpoint of the person. Empathetic people are able to understand the motivation and thoughts, feelings, attitudes of others and himself. Empathic attitude makes a person more easily customize their communications.

3. Support
   The attitude of support is a reflection of the relationship of effective interpersonal communication. Being supportive marked with some attitude, namely:
   a. Descriptive attitude: A person who has this trait defines communication as a request for information about a specific incident and not feel it as a threat.
   b. Spontaneous attitude: People are forthright in expressing his thoughts.
   c. Professional attitude: People who are open-minded and willing to hear opposing views and are willing to accept the opinion or advice of others.

4. Positiveness
   Someone who has positive feelings toward themselves and others, encouraged people who become friends interact positively for example in the form of praise or appreciation.

5. Equality or similarity
   Interpersonal communication will be more effective if the atmosphere is similar, Recognition secretly that both parties are equally valued, and valuable as well as each other have something important to given. For example have a common field of experience, both sides can share information with each other.

Kinesthetic perception. According Rahantoknam an orderly process and has the function of finding, differentiate, recognize and acknowledge the so-called perception. (Rahantoknam B.E, 1989: 126). Sage stated that kinesthetic is the ability to master the gestures that involve the processing of information, starting from the stimulus to the muscle tendons and joints, then funneled through the nerve tissue to the brain and then responded appropriately. (George H. Sage, 1977: 304). It can be concluded perception of kinesthetic knowledge about body position in space to meet or feel of a movement, the sport of archery, for example, an archer whose ear captures the sound of the whistle or bell rang twice as signs on cue, the archer becomes aware and understand that has been given a cue to get into the line of fire or shooting line.
**Consistency Motion.** Consistency according to Indonesian big dictionary is permanence and stability. (Http://kbbi.web.id/konsistensi.html). Meanwhile, according to other sources the consistency of the movement is that each player must use the same motion, and the motion of each individual to be more consistent (Mc Kinney, 1996: 192). Motor skills in archery, which is a series of movements of several stages and consists of 9 basic techniques in the process of continuous mutual archery, it will require the ability to analyze a movement archery. In evaluating the archery movement, necessary beberapa consideration one of them is consistency archery movement that aims to improve the performance of athletes in archery.

Achievement is the result of the exercise has been done over and over and over so that it becomes a proof of an athlete for his hard work during the training process. According Sardiman A.M Achievement is a real capabilities that results from interactions between the various factors affecting both from within and from outside the individual in learning. While Poerwadinata achievement as a result has been achieved or done, done, and so on (W.J.S.Poerwadarminta, 1991: 768). Athletes in the sport of archery is someone who uses a bow and arrow to shoot well in a workout or race archery. Achievement in the sport of archery is not only marked from each victory achieved by the athletes, but the achievements of athletes in both the race and test scores into evidence and benchmarks if the exercise program given by coaches running well or not.

**METHOD**

The method used for this study is a survey method that is aimed at gathering information on the variables, and also aims to gather data, using a quantitative approach to the correlation technique. This research is described in the form of the constellation as follows:

![Diagram]

Information :
- $X_1$ = Interpersonal communication
- $X_2$ = Perception kinesthetic
- $X_3$ = Consistency motion
- $Y$ = Achievement Athlete Archery

The population in this study is archery recurve athletes Jakarta, National PPLP, West Java Athletes and Athletes pelatnas totaled 50 Archery Archery Recurve athletes man and women, while the sample in this study are 35 people with the following criteria:
- a. Archery athlete recorded as local and national athletes
- b. Athletes round recurve
- c. Archery athletes man and women were able to shoot four distances, That is:
The instrument used to collect data in this research is to perform tests and measurements of variables included in this study. Data collection techniques in this research is to make measurements on collecting data on interpersonal communication conducted using questionnaires, the athletes then fill it by answering the questions on the questionnaire according to the answers provided. In accordance with the kinesthetic perception of existing instruments. While the consistency of motion is done with the test results score of 30 meters x two sessions by using a score sheet which has been given a target face image, each athlete scored and signaled stuck on the target face image that has been provided as additional information. While collecting data obtained from the archery athlete's performance data from a score of 4 round distance recurve. In this study, researchers act as planners, implementers ie in terms of determining the population and the sample, the research instruments for each variable, to test the validity and reliability of the instrument, carry out the data collection process, to the data processing.

RESULTS AND DISCUSSION

Statistical hypothesis testing first, second, third and fourth conducted by F test. The results are described as follows:

1. Relationship between Interpersonal Communication with Athletes Performance Archery

The first hypothesis proposed in this study "there is a relationship between interpersonal communication with archery athlete's performance". Simple linear regression analysis between interpersonal communication with archery athlete's performance, generate directions coefficient regression "b" of 0.571 and the constant "a" of 21.46, with a regression equation of the relationship between the variables of interpersonal communication with the achievements of athletes in archery, that is: \( \hat{Y} = 21.46 + 0.571 X_1 \), and the significance of regression test results, namely \( F_{\text{count}} 15.94 \) greater than \( F_{\text{table}} \) at 4.15, thus it can be concluded that the regression equation \( \hat{Y} = 21.46 + 0.571 X_1 \) is an interpersonal communication data pairs \( (X_1) \) with archery athlete's performance \( (Y) \) was significant (mean). And the linearity test results obtained Fhitung 0.80 is smaller than \( F_{\text{table}} \) at 2.25, it can be concluded that the shape of the relationship between pairs of data, interpersonal communication with archery athlete's performance is linear. Then increased scores for interpersonal communication \( (X_1) \) will lead to an increase of 0.571 score archery athlete's performance \( (Y) \) at 21.46 constants.

![Graph of regression equation Interpersonal Communication \( (X_1) \) with Athlete Achievement Archery \( (Y) \) \( \hat{y} = 21.46 + 0.571 X_1 \)](data:image/png;base64,iVBORw0KGgoAAAANSUhEUgAAAAsAAAD2CAIAAADjR0mGAABVwAAAACXBIWXMAAAsTAAALEwEAmpwYAAAXoUlEQVR42u3d3j9/7J2/v/Hg8w1+MwQsQdEAAAYB5Rn99dWzAAAAAElFTkSuQmCC)
The result of simple correlation analysis of the data pairs interpersonal communication with the athlete's performance archery (Y) values obtained coefficient correlation r equal to 0.571. Coefficient significance correlation sought by using T test to test hypotheses. Prices were obtained indicates the magnitude of the relationship between interpersonal communication (X₁) with archery athlete's performance (Y). Distribution of t dk 33 (n-2) and the significance level α = 0.05, then obtained T_{table} of 1.70. Based on calculations, the T_{count} T_{table} 3.99 greater than 1.70. It can be concluded that the correlation coefficient between interpersonal communication circuitry archery athlete's performance is significant (mean). Do control of the predictor variables other perceptions kinesthetic (X₂), the obtained partial correlation between interpersonal communication (X₁) with the athlete's performance archery (Y) of 0.633, when it controlled the consistency of motion (X₃) resulted in partial correlation for 0.668, and if controlled perception kinesthetic (X₂) and consistency of motion (X₃) produced a correlation of 0.829.

Coefficient of determination, interpersonal communication (X₁) on the performance of athletes in archery (Y) is equal to 0.571² = 32.58, and give a donation (contributions) amounted to 32.58%, then 32.58% of the variation of achievement athletes in archery (Y) can be explained by the interpersonal communication with regression \( \hat{Y} = 21.46 + 0.571 \times X₁ \). So there is a significant relationship between interpersonal communication (X₁) with archery athlete's performance (Y). The results of this first hypothesis provides information that archery athlete's performance is determined by interpersonal communication, namely that the higher the level of effectiveness of interpersonal communication, the higher the achievements of athletes in archery, and vice versa.

2. **Relationship between Perception Kinesthetic with Athletes Performance Archery**

The second hypothesis proposed in this study is "there is a relationship between perceptions of the kinesthetic with the achievement of athletes in archery". Simple linear regression analysis between kinesthetic perception with archery athlete's performance, generate directions coefficient regression "b" of 0.630 and the constant "a" of 18.52, the regression equation of the relationship between variables kinesthetic perception with archery athlete's performance, namely: \( \hat{Y} = 18.52 + 0.630 \times X₂ \), and the results of testing the significance of regression, F_{count} 21.68 greater than F_{table} at 4.15, it can be concluded that the regression equation \( \hat{Y} = 18.52 + 0.630 \times X₂ \) is a kinesthetic perception data pair (X₂) with archery athlete's performance (Y) is significant (mean). And the test results obtained F_{count} 1.45 linearity is smaller than F_{table} at 2.33, we can conclude that the relationship between the data pairs, kinesthetic perception with archery athlete's performance is linear. Then the increase kinesthetic perception score (X₂) will lead to an increase of 0.630 score archery athlete's performance (Y) at a constant 18.52.
The results of simple correlation analysis of the data pairs kinesthetic perception \( (X_2) \) with archery athlete's performance \( (Y) \) values obtained koefesiensi correlation \( r \) equal to 0.630. Coefficient significance correlation searched using T test to test hypotheses. Prices were obtained indicates the magnitude of kinesthetic perception relationship \( (X_2) \) with archery athlete's performance \( (Y) \). Distribution of \( \text{t} \) dk 33 \( (n-2) \) and the significance level \( \alpha = 0.05 \), then obtained \( T_{\text{table}} \) of 1.70. Based on calculations, the Thitung \( T_{\text{count}} \) 4.66 greater than 1.70. It can be concluded that the correlation coefficient between the kinesthetic perception with archery athlete's performance is significant (mean). Do control of the predictor variables other is interpersonal communication \( (X_3) \), the obtained partial correlation between perception kinesthetic \( (X_2) \) with the athlete's performance archery \( (Y) \) of 0.714, when it controlled the consistency of motion \( (X_3) \) resulted in partial correlation for 0.723, and if the controlled communication interpersonal \( (X_3) \) and consistency of motion \( (X_3) \) produced a correlation of 0.781.

Coefficient of determination perception kinesthetic \( (X_2) \) on the performance of athletes in archery \( (Y) \) is equal to 0.630\(^2 = 39.65 \), and give a donation (contributions) amounted to 39.65\%, then 39.65\% of the variation of achievement athletes in archery \( (Y) \) can be explained by the perception of kinesthetic with regression \( \hat{Y} = 18.52 + 0.630 X_2 \). So there is a significant relationship between kinesthetic perception \( (X_2) \) with archery athlete's performance \( (Y) \). The second hypothesis testing results provide valuable information that archery athlete's performance is determined by the perception of kinesthetic. This means that the higher the kinesthetic perception, then the higher the achievements of athletes in archery, and vice versa.

3. The relationship between Consistency Motion with Athletes Performance Archery

The third hypothesis proposed in this study is "there is a relationship between the consistency of motion with archery athlete's performance". Simple linear regression analysis between the consistency of motion with the achievements of athletes in archery, generate directions coefficient regression "\( b \)" of 0.508 and the constant "\( a \)" of 24.62, regression equation of the relationship between the variable consistency of motion with the achievements of athletes in archery, namely: \( \hat{Y} = 24.62 + 0.508 X_3 \). To determine the degree of significance of the simple regression equation, regression significance test results, namely \( F_{\text{count}} 11.46 F_{\text{table}} \) of greater than 4.15, it can be concluded that the regression equation \( \hat{Y} = 24.62 + 0.508 X_3 \) is a pair of data consistency motion \( (X_3) \) with the
achievement of athletes in archery \( (Y) \) was significant (mean). And the linearity test results obtained \( F_{\text{count}} \) 2.98 is smaller than \( F_{\text{table}} \) at 4.53, it can be concluded that the shape of the relationship between pairs of data, consistency of motion with archery athlete’s performance is linear. Then increase the consistency of motion score \( (X_3) \) will lead to an increase of 0.508 score archery athlete’s performance \( (Y) \) at 24.62 constants.

\[
y = 0.507 X_3 + 24.61
\]

![Figure 4. Consistency Motion Graphics regression equation \( (X_3) \) and Athlete Achievement Archery](image)

Results of simple correlation analysis of the data pairs consistency of motion \( (X_3) \) with archery athlete’s performance \( (Y) \) values obtained coefficient correlation \( r \) equal to 0.508. Koefesinsinsis significance correlation searched using \( T \) test to test hypotheses. Prices were obtained indicates the magnitude of the relationship consistency of motion \( (X_3) \) with archery athlete’s performance \( (Y) \). Distribution of \( t \) dk 33 (n-2) and the significance level \( \alpha = 0.05 \), then obtained \( T_{\text{table}} \) of 1.70. Based on calculations, the \( T_{\text{count}} \) 3.38 \( T_{\text{count}} \) greater than 1.70. It can be concluded that the correlation coefficient between the consistency of motion with archery athlete’s performance is significant (mean). Do control of the predictor variables other is interpersonal communication \( (X_1) \), the obtained partial correlation between consistency of motion \( (X_3) \) with the athlete’s performance archery \( (Y) \) of 0.595, when controlled perception kinesthetic \( (X_2) \) resulted in partial correlation for 0.599, and if the controlled communication interpersonal \( (X_1) \) and kinesthetic perception \( (X_2) \) produced a correlation of 0.730.

Coefficient of determination of consistency of motion \( (X_3) \) on the athlete’s performance archery \( (Y) \) is equal to 0.508^2 = 25.77, and give a donation (contributions) amounted to 25.77%, then 25.77% of the variation of achievement athletes in archery \( (Y) \) can be explained by the consistency of motion through regression \( \hat{Y} = 24.62 + 0.508 X_3 \). So there is a significant relationship between the consistency of motion \( (X_3) \) with archery athlete’s performance \( (Y) \). The third hypothesis testing results provide valuable information that archery athlete’s performance is determined by the consistency of the motion. This means that the higher the consistency of the motion, the higher the achievements of athletes in archery, and vice versa.
4. Relationship between Interpersonal Communication ($X_1$), Perception Kinesthetic ($X_2$) and Consistency Motion ($X_3$) together with Athletes Performance Archery ($Y$).

The fourth hypothesis proposed in this study is "there is a relationship between interpersonal communication, kinesthetic perception, and consistency of motion together with the achievements of athletes in archery". Multiple linear regression analysis between interpersonal communication, perception kinesthetic, and consistency of motion together with the achievements of athletes in archery generate directions coefficient "$b_1$" of 0.363, "$b_2$" of 0.424, "$b_3$" of 0.307, and the constant "$b_0$" of $-4.685$. Thus the relationship between the variables interpersonal communication, kinesthetic perception, and consistency of motion together with archery athlete's performance was described by the regression equation, namely $-4.685 + 0.363 X_1 + 0.424 X_2 + 0.307 X_3$. Results of testing the significance of multiple regression obtained $F_{count}$ 17.57 larger than $F_{table}$ by 2.92, then the regression equation pair of variable data interpersonal communication ($X_1$), the perception of kinesthetic ($X_2$), and consistency of motion ($X_3$), together with the achievements of athletes in archery ($Y$) is significant (mean). The results of multiple correlation analysis of the data pairs interpersonal communication variables ($X_1$), kinesthetic perception ($X_2$), and consistency of motion ($X_3$), together with the achievements of athletes in archery ($Y$) gain coefficient value of 0.794.

Table 1. Correlation Calculation $X_1$, $X_2$, and $X_3$ with $Y$

<table>
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<th>Correlation</th>
<th>N</th>
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<td>$r_{123}$</td>
<td>35</td>
<td>0.794</td>
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</tbody>
</table>

The results showed a correlation calculation 17.57 $F_{count}$ greater than $F_{table}$ 2.92, it can be concluded that $H_0$ ditolak and means there is a significant relationship between interpersonal communication, kinesthetic perception and consistency of motion together with the achievements of athletes in archery. And based on the above gain coefficient $r_{123}$ 0.629 coefficient of determination. It has been suggested that 62.9% of variation results archery athlete's performance can be explained by the variance of interpersonal communication, kinesthetic perception and motion consistency together. So there is a significant relationship between interpersonal communication ($X_1$), kinesthetic perception ($X_2$), and consistency of motion ($X_3$), together with the achievements of athletes in archery ($Y$). These results provide valuable information that the achievements of athletes in archery determined by interpersonal communication ($X_1$), the perception of kinesthetic ($X_2$), and consistency of motion ($X_3$), jointly and these three variables are variables that need attention in order to improve the athlete's performance archery.

CONCLUSIONS AND SUGGESTION

The study states that interpersonal communication ($X_1$) has a significant relationship with the athlete's performance archery ($Y$), with a correlation coefficient of 0.571 and accounted for 32.58% of the achievements of athletes in archery ($Y$). Kinesthetic perception ($X_2$) has a significant relationship with the athlete's performance archery ($Y$), with a correlation coefficient of 0.630 and accounted for 39.65% of the achievements of athletes in archery ($Y$). Consistency of motion ($X_3$) had a significant relationship with the athlete's performance archery ($Y$) with a correlation coefficient of 0.508 and accounted for 25.77% of the achievements of athletes in archery ($Y$).

Based on the results of research on sport archery athletes to improve performance, the researchers advise that the three independent variables in this study together provide a positive
contribution to the achievement archery athlete. Therefore, therefore need the attention of sports people especially archery coaches to implement effective communication in the process of practicing or competition, as well as providing training methods that can improve the perception of kinesthetic and consistency of motion for each individual athlete.

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