

ABSTRACT



Thesis, February 2017

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DIFFERENCES IN THE EFFECTIVENESS OF LONG SITTING WITH EXERCISE SQUAT WALL PUSH THE IMPROVEMENT OF MUSCLE FLEXIBILITY HAMSTRING

Composed Chapter VI, 73 pages, 8 tables, 13 pictures, 4 Scheme, 6 graphs, 14 Appendix

Objective : To determine differences in the effectiveness of long sitting squat exercise with wall push to increase muscle flexibility hamstring.

Methods : This study is an experimental study to determine the effects of interventions to research object. The sample consisted of 24 office workers (25-30 years), and are selected based on purposive sampling technique to use your table Parq assessment tests (Physical Activity Readiness Questionnaire) available. Samples were divided into two treatment groups, the treatment group I consists of 12 people with a given training exercise while sitting long in the treatment group II consisted of 12 people with a given practice push wall squat exercise. **Results** : hypothesis testing in treatment I mean before it was 28.58 ± 1.31 after the average is 39.83 ± 1.4 with paired samples t-test $p < 0.001$ which means sitting long exercise can improve the flexibility of hamstring muscles. On average before treatment II was 36.16 ± 0.58 , after the average was 40.82 ± 0.43 by paired sample t-test $p < 0.001$ which means push wall squats can increase the flexibility of the hamstring muscles. III hypothesis testing I mean treatment difference was 11.25 ± 1.21 , mean difference in treatment II was 6.67 ± 2.06 with independent t-test showed a $p < 0.001$ which means that there are differences increased flexibility of the hamstring muscles. **Conclusion** : Long sitting exercise and push the wall squat exercise is effective in the flexibility of the hamstring muscles. However long exercise sitting better in improving the flexibility of the hamstring muscles.

Keywords : Long sitting exercise, Push wall squat exercise, hamstring muscle flexibility.