



ABSTRAK

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“PENAMBAHAN *DUAL TASK EXERCISE* PADA *LADDER DRILL EXERCISE* UNTUK MENINGKATKAN KECEPATAN REAKSI PADA PEMAIN FUTSAL PASCA CEDERA ANKLE KRONIK”

Terdiri dari 165 Halaman dengan VI BAB, 27 Gambar, 4 Skema, 11 Tabel, 3 Grafik.

Tujuan : Untuk mengetahui perbedaan pengaruh penambahan pemberian *dual task exercise* pada *ladder drill exercise* dengan *ladder drill exercise* untuk meningkatkan kecepatan reaksi pada pemain futsal pasca cedera *ankle* kronik.

Metode : Penelitian ini bersifat *quasi eksperimen* dimana peningkatan kecepatan reaksi pada pemain futsal pasca cedera *ankle* kronik diukur dan dievaluasi dengan menggunakan *Nelson Foot Reaction Time Test*. Sampel terdiri dari 28 orang dengan usia antara 18-25 tahun. Penelitian dilakukan di Lapangan Universitas Esa Unggul, Jakarta Barat. Pada penelitian ini dibagi menjadi dua kelompok yaitu kelompok perlakuan I diberikan latihan *ladder drill exercise* sedangkan kelompok perlakuan II diberikan latihan *ladder drill exercise* dan *dual task exercise*. **Hasil :** Adapun hasil uji *Wilcoxon Sign Rank Test* pada kelompok perlakuan I dengan *p value* $p=0,000$ ($P<0,05$) berarti H_0 ditolak sehingga latihan *ladder drill exercise* dapat meningkatkan kecepatan reaksi serta adanya perbedaan tingkat kecepatan reaksi pemain futsal pasca cedera *ankle* kronik. Pada uji *Paired Sampel t-Test* kelompok perlakuan II dengan *P value* = 0,000 ($P<0,01$) berarti H_0 ditolak sehingga *ladder drill exercise* dan *dual task exercise* dapat meningkatkan kecepatan reaksi serta adanya perbedaan tingkat kecepatan reaksi pemain futsal pasca cedera *ankle* kronik. Hasil *Independent Sample T-Test* didapatkan *P value* = 0,000. dimana $p<0,05$ yang berarti H_0 ditolak. Yang berarti bahwa *ladder drill exercise* dan *dual task exercise* lebih baik daripada *ladder drill exercise* dalam meningkatkan kecepatan reaksi pada pemain futsal pasca cedera *ankle* kronik. **Kesimpulan :** Penambahan pemberian *dual task exercise* pada *ladder*

drill exercise lebih baik dalam meningkatkan kecepatan reaksi pada pemain futsal pasca cedera *ankle* kronik.

Kata Kunci : *Reaction Time, Ladder Drill Exercise, Dual Task Exercise*



ABSTRACT

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“THE ADDITION OF DUAL TASK EXERCISE ON LADDER DRILL EXERCISE FOR INCREASING REACTION TIME OF SOCCER PLAYERS POST CHRONIC ANKLE INJURY”

Consist in 165 Pages, 6 Chapter, 27 Pictures, 4 Scheme, 11 Table, 5 Graphics.

Objective : To find out about The Addition of Dual Task Exercise on Ladder Drill Exercise for Increasing Reaction Time of Soccer Players After Chronic Ankle Injury.

Method: This research is quasi eksperimen which in enhancement of reaction time on futsal players after chronic ankle injury measure by Nelson Foot Reaction Time Test. Sample are consist by twenty eight people in average age 18-25 years old. This research did in Esa Unggul University Field, West Jakarta. This research divided in two groups that treatment group 1 given Ladder Drill Exercise while treatment group 2 given ladder drill exercise and dual task exercise. **Result:** As for result Wilcoxon Sign Rank in treatment group I with p value $p=0,000$ ($P<0,05$) that means H_0 rejected so that ladder drill exercise can increasing reaction time on the soccer players after chronic ankle injury. In Paired Sampel t-Test treatment group II with p value = 0,000 ($P<0,01$) that H_0 rejected so that ladder drill exercise and dual task exercise can increasing reaction time on the soccer players after chronic ankle injury. Result of Independent Sample T-Test that p value = 0,000 which $p<0,05$ that means H_0 rejected. Means: ladder drill exercise and dual task exercises are better than ladder drill exercises for increasing the reaction time on soccer players after chronic ankle injury.

Conclusion : The addition of dual task exercise on ladder drill exercise is better in increasing the reaction time on soccer players after chronic ankle injury.

Keywords: Reaction Time, Ladder Drill Exercise, Dual Task Exercise