



ABSTRAK

SKRIPSI, Agustus 2018

Osi Hermawan

Program Studi S-1 Fisioterapi,
Fakultas Fisioterapi,
Universitas Esa Unggul

PERBEDAAN *BALANCE BOARD EXERCISE* DAN *CORE STABILITY EXERCISE* TERHADAP PENINGKATAN KESEIMBANGAN TENDANGAN *DOLLYO 360* DERAJAT DALAM WAKTU 30 DETIK PADA PEMAIN TAEKWONDO DENGAN KONDISI *SPRAIN ANKLE* KRONIS

Terdiri dari VI Bab, 93 Halaman, 17 Tabel, 15 Gambar, 1 Grafik, 4 Skema, 19 Lampiran

Tujuan : Untuk mengetahui perbedaan *balance board exercise* dan *core stability exercise* terhadap peningkatan keseimbangan tendangan *dollyo 360* derajat dalam waktu 30 detik pada pemain taekwondo dengan kondisi *sprain ankle* kronis. **Metode :** penelitian ini bersifat *quasi experiment* dengan *pre test-post test design control group*, dimana tendangan *dollyo* diukur dengan *stopwatch* dan target tendangan (*pyongyo*). Sampel terdiri dari 18 orang anggota UKM Taekwondo Esa Unggul laki – laki dan perempuan yang dipilih berdasarkan teknik *purposiv sampling*. Sampel dikelompokkan menjadi dua kelompok yaitu, kelompok perlakuan I terdiri atas 9 orang yang diintervensi dengan *balance board exercise* dan kelompok perlakuan II yang terdiri atas 9 orang yang diintervensi dengan *core stability exercise*. **Hasil :** Hasil uji normalitas dengan *Shapiro Wilk test* didapatkan data terdistribusi tidak normal sedangkan uji homogenitas dengan *Leven's test* didapatkan data bersifat homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *Wilcoxon signed rank test* diperoleh nilai $p \leq 0,007$ yang berarti *balance board exercise* dapat meningkatkan jumlah tendangan *dollyo 360* derajat. Pada kelompok perlakuan II dengan *Wilcoxon signed rank test* diperoleh nilai $p \leq 0,006$ yang berarti *core stability exercise* dapat meningkatkan jumlah tendangan *dollyo 360* derajat. Pada hasil *Mann Whitney U test* menunjukkan nilai $p \leq 0,021$ yang berarti ada perbedaan *balance board exercise* dan *core stability exercise* terhadap peningkatan jumlah tendangan *dollyo 360* derajat selama 30 detik dengan kondisi *sprain ankle* kronis.

Kesimpulan : Ada perbedaan dalam intervensi *balance board exercise* dan *core stability exercise* terhadap peningkatan jumlah tendangan *dollyo 360* derajat selama 30 detik pada pemain taekwondo dengan kondisi *sprain ankle* kronis.

Kata kunci : Latihan *balance board*, latihan *core stability*, taekwondo, *sprain ankle* kronis, tendangan *dollyo 360* derajat.



ABSTRACT

ESSAY, August 2018

Osi Hermawan

Study Program S-1 Physiotherapy,
Faculty of Physiotherapy,
Esa Unggul University

DIFFERENCE BALANCE BOARD EXERCISE AND CORE STABILITY EXERCISE TOWARDS INCREASING BALANCE OF DOLLYO KICK 360 DEGREES IN 30 SECONDS AT TAEKWONDO PLAYERS WITH CHRONIC ANKLE SPRAIN CONDITIONS

VI Chapter, 93 Pages, 17 Tables, 15 Pictures, 1 Graphs, 4 Scheme, 19 Enclosure

Objective : To know the difference balance board exercises and core stability exercises to increase balance dollyo kick 360 degrees within 30 seconds in taekwondo players with ankle sprains chronic conditions. **Methods :** This research is quasi experiment with pretest-posttest control group design, which is measured with a stopwatch dollyo kick and kick targets (pyongyo), The sample consisted of 18 members of Esa Unggul Taekwondo mens and women chosen by purposiv sampling technique. Samples were grouped into two groups, the treatment group I consists of 9 people intervened with the balance board exercise and treatment group II consisting of 9 people intervened with core stability exercise. **Results :** The Shapiro Wilk normality test abnormally distributed data obtained while the homogeneity test at Leven's test data obtained is homogeneous. Hypothesis test results in the treatment group I with Wilcoxon signed rank test obtained by value $p \leq 0.007$ which means the balance board exercise can increase the number of kicks dollyo 360 degrees. In the treatment group II obtained Wilcoxon signed rank test $p \leq 0.006$ which means that core stability exercises can increase the number of kicks dollyo 360 degrees. At the Mann-Whitney U test results show the value of $p \leq 0.021$ which means there is a difference balance board exercises and core stability exercises to increase the number of kicks dollyo 360 degrees for 30 seconds with a condition of chronic ankle sprain.

Conclusions : There are differences in the intervention board balance and core stability exercise exercise to increase the number of kicks dollyo 360 degrees for 30 seconds at taekwondo players with ankle sprains chronic conditions.

Keywords : Balance board exercise, core stability exercises, taekwondo, chronic ankle sprain, kick dollyo 360 degrees.