



ABSTRAK

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PERBANDINGAN EFEKTIFITAS SINGLE LEG STAND WITH WOBBLE BOARD DAN SINGLE LEG STAND WITH CONES UNTUK STABILISASI TERHADAP PEMAIN FUTSAL PADA KASUS CHRONIC ANKLE INSTABILITY

Terdiri dari VI Bab, 71 Halaman, 13 Tabel, 10 Gambar, 4 Skema, 5 Lampiran

Tujuan: Mengetahui perbedaan latihan single leg stand with wobble board dan single leg stand with cones untuk stabilisasi terhadap pemain futsal pada kasus chronic ankle instability. **Metode:** Penelitian ini merupakan jenis penelitian eksperimental, *pre-post test design*. Sampel terdiri dari 22 orang pemain futsal dan dipilih berdasarkan *purposive sampling* dengan menggunakan tabel assessment yang tersedia. **Hasil:** Hasil uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis kelompok perlakuan I dengan *T-test of related* didapatkan nilai $p= 0,000$ yang berarti latihan *single leg stand with wobble board* dapat meningkatkan stabilisasi ankle pada *chronic ankle instability*. Pada hasil *T-test independent* menunjukan nilai $p=0,023$ yang berarti bahwa kelompok perlakuam I lebih baik dari kelompok perlakuan II **Kesimpulan:** Ada perbedaan yang signifikan antara pemberian latihan *single leg stand with wobble board* dan *single leg stand with cones* dalam meningkatkan stabilisasi ankle pemain futsal *chronic ankle instability*.

Kata Kunci: Latihan *single leg stand with wobble board*, Latihan *single leg stand with cones*, stabilisasi ankle pemain futsal pada *chronic ankle instability*.



ABSTRACT

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COMPARISON OF THE EFFECTIVENESS OF SINGLE LEG STAND WITH WOBBLE BOARD AND SINGLE LEG STAND WITH CONES FOR STABILIZATION TO FUTSAL PLAYERS IN CHRONIC ANKLE INSTABILITY CASE

Consist of Chapter VI Bab, 71 Pages, 13 Tables, 10 Pictures, 4 Schemes, 5 Attachments

Objective: Know the difference between single leg stand training with wobble board and single leg stand with cones for stabilization against futsal player in case of chronic ankle instability. **Methods:** This research is a type of experimental research, pre-post test design. The sample consisted of 22 futsal players and selected based on purposive sampling using the available assessment table. **Results:** Normality test results with shapiro wilk test obtained normal distribution data while homogeneity test with Levene's test data obtained has a homogeneous variant. The result of hypothesis test of group of treatment I with T-test of related got p value = 0,000 which means single leg stand with wobble board exercise can increase ankle stabilization in chronic ankle instability. The independent T-test shows that p = 0,023 means that the treatment group I is better than the treatment group II. **Kesimpulan:** There is a significant difference between single leg stand with wobble board and single leg stand with cones in improving the ankle players chronic ankle instability.

Kata Kunci: Single leg stand training with wobble board, Single leg stand with cones training, ankle player futsal stabilization on chronic ankle instability.