ABSTRACT

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Ririn Agustina
Program Study Bachelor Degree of Physiotherapy
Faculty of Physiotherapy
Esa Unggul University

THE RELATIONSHIP OF STRENGTH CALF MUSCLE, TIBIALIS ANTERIOR AND CORE MUSCLE OF STABILITY DYNAMIC ANKLE JOINT

Consist of Chapter VI, 60 pages, 13 tables, 16 Pictures, 2 Schemes, 9 graph, 10 attachments

Objective : Determine correlation between calf muscle strength, tibialis anterior and core muscle on stability dynamic ankle joint. **Methods :** This research is a type of descriptive qualitative research in the form of correlation study to analyze the relationship between variables. Sample consisted of 32 athlate aged 19-23 years in Pulo Harapan Indah Cengkareng Barat. Samples are given a series of tests consisting of calf muscle strength, tibialis anterior strength, prone plank and 6m hop test. **Results** : Results from calf muscle stenght test mean ± SD = 25.34±6.45, tibialis anterior strenght test 25.34±6.45, core muscle test 61.16±29.99 and stabailitas ankle test 20.87±7.66. Results of normality with the Kolmogorov-Smirnov test of distribution is not normal in the calf muscle, tibialis anterior, core muscle. Results of the correlation test Spearman's test the results obtained for calf muscle strength relationship r = .092, anterior tibial r = -.050, core muscle r = -.195. Conclusion: There is no relationship of muscle calf strength, anterior tibialis, and core muscle to ankle stability.

Keywords *:* calf muscle strenght, tibialis anterior, core muscle, stability ankle