ABSTRACT

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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 athlete 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 stength test mean ± SD = 25.34±6.45, tibialis anterior strength 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