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PENGARUH ECCENTRIC EXERCISE PADA INTERVENSI DEEP FRICTION MASSAGE DAN STRETCHING WRIST EKSTENSOR TERHADAP PENINGKATAN FUNGSI MENGGEGGAM PADA TENNIS ELBOW TIPE II

Terdiri dari VI BAB, 68 Halaman, 16 Tabel, 5 gambar, 4 Skema, Lampiran

Tujuan: untuk mengetahui perbedaan efek Eccentric Exercise, Deep Friction Massage dan Stretching Wrist Ekstensor terhadap peningkatan fungsi menggenggam pada tennis elbow tipe II. **Metode:** Penelitian Bersifat *Quasi Eksperiment*, Sampel Terdiri dari 14 orang yang dipilih berdasarkan purposive sampling. Sampel dibagi kedalam 2 kelompok, Kelompok perlakuan I dengan *Eccentric exercise, deep friction massage* dan *Stretching wrist ekstensor* dan kelompok perlakuan II dengan intervensi *Deep friction Massage* dan *Stretching Wrist Ekstensor*. **Hasil:** Uji normalitas data berdistribusi normal sedangkan uji homogenitas data memiliki nilai varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired Sample t-Test*, didapatkan nilai $p=0,003$ pada fungsi menggenggam dan nilai $p=0,001$ pada kekuatan menggenggam Pada kelompok perlakuan II dengan *Paired Sampel t-Test* didapatkan nilai $p=0,006$ pada disabilitas dan nilai $p=0,001$ pada kekuatan menggenggam. Dan uji Hipotesis III dengan *independent sampel t-test* menunjukkan nilai $p=0,015$ pada kekuatan menggenggam dan nilai $0,039$ pada fungsi menggenggam pada **Kesimpulan:** Ada perbedaan pengaruh *Eccentric exercise* pada intervensi *Deep friction massage* dan *stretching wrist ekstensor* terhadap peningkatan fungsi menggenggam pada tennis elbow tipe II

Kata Kunci : *Eccentric exercise, Deep friction massage, Stretching wrist ekstensor, Tennis Elbow*



ABSTRACT

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THE EFFECT OF ECCENTRIC EXERCISE ON INTERVENTION OF DEEP FRICTION MASSAGE AND STRETCHING WRIST EXTENSORS TO IMPROVE GRASPING FUNCTIONAL IN TENNIS ELBOW TYPE II

Consisting of VI CHAPTER, 68 Pages, 16 Tables, 5 images, 4 Schemes, Attachments

Purpose: To find out the different effects of Eccentric Exercise, Deep Friction Massage and Stretching Wrist Ekstensor on improving the grasping function of tennis elbow type II. **Method:** Quasi Experiment Research, Samples Consisting of 14 people selected based on purposive sampling. The sample was divided into 2 groups, treatment group I with eccentric exercise, deep friction massage and stretching wrist ekstensor and treatment group II with intervention Deep friction Massage and stretching wrist ekstensor. **Results:** The normality of the data test was normally distributed while the homogeneity test of the data had a homogeneous variant value. Hypothesis test results in the treatment group I with Paired Sample t-Test, obtained $p = 0.003$ in the grasping function and $p = 0.001$ in the grasping strength In the treatment group II with Paired Sample t-Test obtained p value = 0.006 in disability and p value = 0.001 in grasping strength. And Hypothesis III test with independent sample t-test shows the value of $p = 0.015$ on the strength of grasping and the value of 0.039 on the grasping function. **Conclusion:** There is a difference in the effect of Eccentric exercise on the intervention of Deep friction massage and stretching wrist extensors on improving the grasping function of tennis elbow type II

Keywords: Eccentric exercise, Deep friction massage, stretching wrist extensor