

ABSTRAK



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HUBUNGAN *EKSTENSIBILITAS HAMSTRING* DAN *STABILISASI HIP* PADA PEMAIN FUTSAL

Terdiri dari VI bab, 59 Halaman, 7 Tabel, 7 Gambar, 6 Grafik, 3 Skema, 7 Lampiran

Tujuan: Mengetahui hubungan *ekstensibilitas hamstring* dan *stabilisasi hip* pada pemain futsal. **Metode:** Penelitian ini merupakan penelitian non eksperimental berupa studi korelasi untuk menganalisa hubungan antar variable. Total sampel sebanyak 20 orang pemain futsal Fakultas Fisioterapi Universitas Esa Unggul angkatan 2016-2018 berusia 19-22 tahun. Alat ukur yang digunakan adalah *sit and reach test* untuk *ekstensibilitas hamstring* dan *single leg stance test* untuk *stabilisasi hip*. **Hasil:** Hasil pengukuran *sit and reach test* $25,45 \pm 7,04$ dan pada *single leg stance test* sisi dominan $38,22 \pm 19,76$, sisi tidak dominan $40,65 \pm 18,19$. Uji korelasi dengan *Spearman Rank Test* didapatkan $r = -0,483$ untuk *ekstensibilitas hamstring* dan *stabilisasi hip* sisi dominan, dan $r = -0,166$ untuk sisi tidak dominan. **Kesimpulan:** Tidak terdapat hubungan antara *ekstensibilitas hamstring* dan *stabilisasi hip* pada pemain futsal.

Kata Kunci: *Ekstensibilitas Hamstring*, Futsal, *Stabilisasi Hip*

ABSTRACT



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CORRELATION OF HAMSTRING EXTENSIBILITY AND HIP STABILITY IN FUTSAL PLAYERS

Consists of VI Chapters, 62 Pages, 7 Tables, 7 Images, 6 Graph, 3 Schemes, 7 Attachments

Objective: To find out the correlation between hamstring extensibility and hip stability in the futsal players. **Method:** This study is a non-experimental research in the form of correlation studies to analyze the relationship between variables. A total sample of 20 futsal players from the Faculty of Physiotherapy at Esa Unggul University 2016-2018 aged 19-22 years. Measuring instruments used are sit and reach test for hamstring extensibility and single leg stance test for hip stability. **Results:** The results of measurements of sit and reach test were 25.45 ± 7.04 and in the single leg stance test the dominant side was 38.22 ± 19.76 , the non-dominant side was 40.65 ± 18.19 . Correlation test with the Spearman Rank Test obtained $r = -0,483$ for hamstring extensibility and dominant side hip stability, and $r = -0,166$ for the non-dominant side. **Conclusion:** There is no correlation between hamstring extensibility and hip stability in futsal players.

Keywords: *Hamstring Extensibility, Futsal, Hip Stability*