

ABSTRAK



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PERBEDAAN EFEK LATIHAN PENGUATAN OTOT HIP DENGAN SQUAT DAN BRIDGING TERHADAP STABILITAS DINAMIS PADA TENDINITIS QUADRICEPS

Terdiri dari VI bab, 53 Halaman, 8 Tabel, 6 Gambar, 4 Skema, 7 Lampiran

Tujuan: Untuk mengetahui perbedaan efek latihan penguatan otot *hip* dengan *squat* dan *bridging* terhadap stabilitas dinamis pada *tendinitis quadriceps* pemain sepakbola. **Sampel:** Penelitian ini dilaksanakan di PPOP Ragunan Jakarta, terdiri dari 20 sampel yang memiliki riwayat cedera *tendinitis quadriceps* dengan adanya nyeri dan gangguan keterbatasan gerak pada lutut dengan rentang usia 15-18 tahun. **Metode:** Penelitian ini bersifat *quasi eksperimen* dengan melihat adanya fenomena korelasi sebab akibat pada kedua kelompok perlakuan dari objek penelitian yang bertujuan untuk mengetahui beda pengaruh penambahan pemberian latihan penguatan otot *hip* dengan *squat* dan *bridging* terhadap stabilitas dinamis pada *tendinitis quadriceps*. **Hasil:** Hasil *independent sample t-test* didapatkan nilai $p=0,004$. Sehingga dapat disimpulkan bahwa ada perbedaan antara penambahan latihan *hip* dengan *squat* dan *bridging* untuk meningkatkan stabilitas dinamis pada *tendinitis quadriceps*. **Kesimpulan:** Ada perbedaan antara penambahan latihan *hip* dengan *squat* dan *bridging* terhadap stabilitas dinamis *tendinitis quadriceps*.

Kata Kunci: Stabilitas dinamis, latihan *hip*, latihan *squat*, *tendinitis quadriceps*

ABSTRACT



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DIFFERENCES IN EXERCISE EFFECT OF HIP MUSCLE STRENGTH WITH SQUAT AND BRIDGING AGAINST DYNAMIC STABILITY IN QUADRICEPS TENDINITIS

Consists of VI Chapters, 53 Pages, 8 Tables, 6 Images, 4 Schemes, 7 Attachments

Objective: To find out the different effects of hip and squat muscle strengthening exercises on bridging on dynamic stability in quadriceps soccer player tendinitis. Sample: This study was conducted at PPOP Ragunan Jakarta, consisting of 20 samples that had a history of quadriceps tendinitis injury with pain and impaired movement of the knee with an age range of 15-18 years. Method: This research is a quasi-experimental study by looking at the phenomenon of causal correlation in the two treatment groups of the research object which aims to determine the different effects of the addition of hip muscle strengthening exercises with squats and bridging on dynamic stability in quadriceps tendinitis. Results: In the results of the Independent sample t-test the value of $p = 0.004$. So it can be concluded that there is a difference between the addition of hip exercises with squats and bridging to improve dynamic stability in quadriceps tendinitis. Conclusion: There is a difference between the addition of hip and squat and bridging exercises to the dynamic stability of quadriceps tendinitis.

Keywords: *Dinamic stability, hip exercise, squat exercise, tendinitis quadriceps*