



ABSTRAK

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PERBEDAAN ANTARA *ZIG-ZAG RUN EXERCISE* DENGAN *LADDER DRILL EXERCISE* PADA *SHUTTLE RUN EXERCISE* UNTUK MENINGKATKAN *AGILITY* PEMAIN BADMINTON KONDISI *SPRAIN ANKLE KRONIS*

Terdiri dari VI Bab, 104 Halaman, 17 Tabel, 27 Gambar, 1 Grafik, 4 Skema, 7 Lampiran

Tujuan : Untuk mengetahui perbedaan antara *zig-zag run exercise* dengan *ladder drill exercise* pada *shuttle run exercise* untuk meningkatkan *agility* pemain badminton kondisi *sprain ankle* kronis. **Metode** : Penelitian ini bersifat *true experiment* dengan sampel terdiri dari 14 orang yang dipilih berdasarkan teknik *random allocation* dan dikelompokkan menjadi 2 kelompok masing-masing kelompok terdiri dari 7 orang, kelompok perlakuan I dengan *zig-zag run exercise* dan *shuttle run exercise* dan kelompok perlakuan II dengan *ladder drill exercise* dan *shuttle run exercise*. **Hasil** : Pada uji normalitas didapatkan data berdistribusi normal, sedangkan uji homogenitas didapatkan data memiliki varian homogen. Hasil uji hipotesis I didapatkan nilai $p=0,00$, dan uji hipotesis II didapatkan nilai $p=0,00$. Pada hasil uji hipotesis III menunjukkan nilai $p=0,02$ yang berarti terdapat perbedaan yang signifikan antara kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan** : Ada perbedaan antara *zig-zag run exercise* dengan *ladder drill exercise* pada *shuttle run exercise* untuk meningkatkan *agility* pemain badminton kondisi *sprain ankle* kronis.

Kata Kunci : *zig-zag run exercise*, *ladder drill exercise*, *shuttle run exercise*, *agility*, *sprain ankle* kronis



ABSTRACT

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THE DIFFERENTIATION BETWEEN ZIG-ZAG RUN EXERCISE WITH LADDER DRILL EXERCISE ON SHUTTLE RUN EXERCISE TO INCREASE THE AGILITY OF CHRONIC ANKLE SPRAINS OF BADMINTON PLAYERS

Consists of VI Chapters, 104 Pages, 17 Tables, 26 Images, 1 Graph, 4 Schemes, 7 Annex

Objectives: To find out about the differentiation between zig-zag run exercise with ladder drill exercise on shuttle run exercise to increase the agility of chronic ankle sprains of badminton players. **Method:** The research was true experimental with the sample consist of 14 people chosen based on random allocation technique and divided into 2 groups with each of group consist of 7 respondent. The group of first treatment with zig-zag run exercise and shuttle run exercise. The group of second treatment with ladder drill exercise and shuttle run exercise. **Result:** The normality test of the data is normally distributed, while the homogeneity test obtained data that has a homogeneous variant. The result of the first hypothesis test obtained a value $p=0,00$, and the second hypothesis test obtained a value $p=0,00$. The result of the third hypothesis test show the value $p=0,02$, which means that there is significant difference between the treatment of group I and the treatment of group II. **Conclusion:** There is differentiation between zig-zag run exercise with ladder drill exercise on shuttle run exercise to increase the agility of chronic ankle sprains of badminton players.

Keywords: zig-zag run exercise, ladder drill exercise, shuttle run exercise, agility, chronic ankle sprain