



ABSTRAK

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PERBEDAAN NORDIC HAMSTRING EXERCISE DENGAN MUSCLE ENERGY TECHNIQUE TERHADAP PENINGKATAN EKSTENSIBILITAS PADA KASUS TIGHTNESS HAMSTRING

Terdiri dari VI Bab, 60 Halaman, 9 Tabel, 3 Gambar, 3 Skema, 8 Lampiran

Tujuan : Untuk mengetahui perbedaan latihan antara *Nordic hamstring exercise* dengan MET terhadap ekstensibilitas *tightness hamstring*. **Metode :** Penelitian ini bersifat *quasi eksperiment* dengan bentuk 2 kelompok tidak berpasangan, dimana ekstensibilitas otot hamstring di ukur dengan SRT. Sampel terdiri dari 18 orang merupakan pelajar dengan kondisi *tightness hamstring* di Smk PGRI 3 Kota Serang dibagi menjadi 2 kelompok, kelompok perlakuan I terdiri dari 9 sampel dengan perlakuan *Nordic hamstring exercise* dan kelompok perlakuan II terdiri dari 9 sampel dengan perlakuan MET **Hasil :** Hasil uji hipotesis I pada kelompok I dengan *t-test related* didapatkan $p=0,001$ yang berarti pemberian *Nordic hamstring exercise* dapat meningkatkan ekstensibilitas pada *tightness hamstring*. Hasil uji hipotesis II pada kelompok perlakuan II dengan *t-test related* didapatkan nilai $p= 0,001$ yang berarti pemberian MET dapat meningkatkan ekstensibilitas *tightness hamstring*. Hasil hipotesis III dengan *independent sample t-test* menunjukkan nilai $p= 0,001$ yang berarti ada perbedaan latihan antara *Nordic hamstring exercise* dengan MET terhadap ekstensibilitas *tightness hamstring*. **Kesimpulan :** Ada perbedaan antara *Nordic hamstring exercise* dengan MET terhadap ekstensibilitas *tightness hamstring*. *Nordic hamstring exercise* menunjukkan hasil ekstensibilitas yang lebih tinggi dibanding dengan MET pada *tightness hamstring*.

Kata Kunci : *Nordic Hamstring Exercise*, *Muscle Energy Technique* (MET), Ekstensibilitas otot hamstring.



ABSTRACT

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THE DIFFERENCE BETWEEN NORDIC HAMSTRING EXERCISE WITH MUSCLE ENERGY TECHNIQUE ON INCREASING EXTENSIBILITY IN THE CASE OF TIGHTNESS HAMSTRING

Consists of VI chapter, 60 pages, 9 tables, 3 pictures, , 3 Scheme, 8 Appendix

Objective : This research is to determine the difference between Nordic hamstring exercise with MET on the extensibility of tightness hamstring. **Methods:** This study is quasi experiment which divided into 2 groups, who has measured tightness hamstring by using SRT. The sample consisted of 18 people were students with conditions tightness hamstring at SMK PGRI 3 Serang is divided into 2 groups, the first group consists of 9 samples treated by Nordic hamstring exercise and second group consisted of 9 samples treated MET. **Results:** The result of the first hypothesis test in group I with t-test related obtained $p=0.001$, which means giving Nordic hamstring exercise can improve the extensibility of tightness hamstring. The results of hypothesis testing II in the treatment group II with related t-test p value= 0.001 which means the provision of MET can improve the extensibility of tightness hamstring. The results of the third hypothesis with independent sample t-test showed the value of $p=0.001$, which means there are differences between the Nordic hamstring exercise workout with MET of the extensibility of tightness hamstring. **Conclusion :** There are differences between the Nordic hamstring exercise with MET of the extensibility of tightness hamstring. Nordic hamstring exercise shows a higher extensibility result compared to MET of tightness hamstring

Keywords : Nordic Hamstring Exercise, Muscle Energy Technique (MET), the extensibility of the hamstring muscles.

