



## ABSTRAK

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### **PERBEDAAN PENAMBAHAN LATIHAN STABILISASI PADA MOBILISASI SCAPULA TERHADAP PEMAIN BASKET REMAJA PENDERITA DYSKINESIA SCAPULA UNTUK MENINGKATKAN AKURASI SHOOTING THREE POINT**

Terdiri dari VI Bab, 70 Halaman, 9 Tabel, 15 Gambar, 4 Grafik, 4 Skema, 8 Lampiran

**Tujuan:** untuk mengetahui perbedaan pengaruh akurasi *shooting three point* setelah pemberian penambahan *latihan stabilisasi* pada *mobilisasi scapula* terhadap pemain basket remaja penderita dyskinesia scapula. **Metode:** penelitian ini bersifat *quasi experiment* dengan *pre test-post test design control group*, dimana akurasi *shooting three point* diukur menggunakan *stopwatch*. Sample terdiri dari 18 orang pemain basket di SMPN 105 Jakarta Barat dan dipilih dengan *purposive sampling*. Sample dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 9 orang sample yang diberikan *mobilisasi scapula* dan kelompok perlakuan II terdiri dari 9 orang sample yang diberikan penambahan *latihan stabilisasi* pada *mobilisasi scapula*. **Hasil:** uji normalitas dengan *Shapiro Wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian homogen. Hasil uji hipotesa pada kelompok perlakuan I dengan *Paired Sample t-Test*, didapatkan nilai *p-value*  $\leq 0,01$  yang berarti ada pengaruh terhadap peningkatan akurasi *shooting three point* setelah pemberian *mobilisasi scapula* untuk pemain basket penderita dyskinesia scapula. Pada kelompok perlakuan II dengan *Paired Sampel t-Test*, didapatkan nilai *p-value*  $\leq 0,01$  yang berarti ada pengaruh terhadap peningkatan akurasi *shooting three point* setelah pemberian penambahan *latihan stabilisasi* pada *mobilisasi scapula* untuk pemain basket penderita dyskinesia scapula. Pada hasil *Mann Whitney u test* menunjukkan nilai *p-value*  $= 0,01$  yang berarti ada perbedaan pengaruh terhadap peningkatan akurasi *shooting three point* setelah pemberian penambahan *latihan stabilisasi* pada *mobilisasi scapula* untuk pemain basket penderita dyskinesia scapula. **Kesimpulan:** Penambahan *latihan stabilisasi* pada *mobilisasi scapula* lebih baik dalam meningkatkan akurasi *shooting three point* untuk pemain basket remaja penderita dyskinesia scapula.

Kata Kunci : *Shooting Three Point, Dyskinesia Scapula, Latihan Stabilisasi, Mobilisasi Scapula*



## ABSTRACT

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### **ADDITIONAL DIFFERENCES OF STABILIZATION EXERCISES ON SCAPULA MOBILIZATION FOR TEENAGERS BASKETBALL PLAYERS WITH DYSKINESIA SCAPULA TO INCREASE SHOOTING THREE POINT ACCURACY**

Consist of Chapter VI, 70 pages, 9 tables, 15 Pictures, 4 Chart, 4 Schemes, 8 attachments

**Objective:** to know the difference effect of shooting three point accuracy after giving addition of stabilization exercise on mobilization scapula to teenagers basketball player with dyskinesia scapula. **Methods:** this research is quasi experiment with pretest-posttest design control group, where three point shooting accuracy is measured using stopwatch. The sample consists of 18 basketball players at SMPN 105 West Jakarta and selected by purposive sampling. The samples were grouped into 2 groups, the treatment group I consisted of 9 samples who were given scapula mobilization and the second treatment group consisted of 9 samples given the addition of stabilization training on mobilization of scapula. **Results:** normality test with Shapiro Wilk test obtained normal distributed data while homogeneity test with Levene's test obtained data have homogeneous variant. The result of hypothesis test in treatment group I with Paired Sample t-Test, got p-value =  $<0,01$  which means there is influence to increase shooting three point accuracy after giving scapula mobilization for basketball player with dyskinesia scapula. In the treatment group II with Paired Samples t-Test, got p-value =  $<0,01$  was obtained which means there was an effect on the improvement of shooting three points accuracy after the addition of stabilization exercise on scapula mobilization for basketball player with dyskinesia scapula. On the result Mann Whitney u test showed p-value = 0.01 which means there is a difference effect to the improvement of three point shooting accuracy after the addition of stabilization exercise on scapula mobilization for basketball player with dyskinesia scapula. **Conclusion:** the addition of stabilization exercises on mobilization of scapula is better in improving shooting three points accuracy for teenagers basketball player with dyskinesia scapula.

**Keywords:** *Shooting Three Point, Dyskinesia Scapula, Stabilization Exercise, Scapula Mobilization*