



ABSTRACT

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ADDITIONAL COMPARISON OF HOLD-RELAX STRETCHING WITH STATIC STRETCHING IN NORDIC HAMSTRING EXERCISE TO IMPROVE FLEXIBILITY HAMSTRING IN TIGHTNESS HAMSTRING CASE

Consists of VI chapter, 74 pages, 18 Tables, 10 Images, 4 Schemes, 10 Attachments

Objective: to find out the comparison of the addition of hold relax stretching with static stretching at the nordic hamstring exercise to increase hamstring flexibility in the case of tightness hamstring. **Method:** this research is quasi-experimental with pre-test, where hamstring flexibility level is measured by Sit and Reach Test (SRT). The sample consisted of 18 people selected based on the 2013 nursalam formula. The samples were grouped into 2 groups, treatment group I consisted of 9 people with intervention hold relax stretching in nordic hamstring exercise and treatment group II consisted of 9 people with intervention static stretching in nordic hamstring exercise. **Result:** Normality test with shapiro wilk test showed that the data were normally distributed while the homogeneity test with leven's test found that the data had a homogeneous variant. Hypothesis test results in treatment group I with Paired Sample t-test, obtained a value of $p < 0.001$ on SRT which means intervention hold relax stretching in nordic hamstring exercise can increase the flexibility of hamstring tightness. In treatment group II with Paired Sample t-test, obtained values $p < 0.001$ in SRT which means static stretching intervention in nordic hamstring exercise can increase the flexibility of hamstring tightness. The results of the independent sample t-test showed a $p < 0.001$ in SRT which means that there is a difference between the addition of hold relax stretching with static stretching at the nordic hamstring exercise in increasing the flexibility of hamstring tightness. **Conclusion:** There is a difference between the addition of hold relax stretching with static stretching at the nordic hamstring exercise in increasing the flexibility of hamstring tightness.

Keywords: Hold-relax Stretching, Static Stretching and Nordic Hamstring Exercise, Flexibility.