



ABSTRACT

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ADDITION OF ULTRASOUND ON SPANISH SQUAT EXERCISE ON KNEE STABILIZATION IN JUMPERS KNEE

Consists of VI Chapters, 62 Pages, 9 Tables, 5 Images, 2 Graphs, 4 Schemes, Attachments

Objective: to find out the difference between Spanish squat training and ultrasound and Spanish squat training on knee stabilization in knee jumpers. Method: this study was quasi-experimental with pre-test post test, where the knee stabilization rate was measured using the Star Excursion Balance Test (SEBT). The sample consisted of 16 people chosen based on the Slovin formula proposed by Nursalam. The samples were grouped into 2 groups, the treatment group I consisted of 8 people with the Spanish Squat exercise intervention and the treatment group II consisted of 8 people with Ultrasound intervention and Spanish squat training. Results: The normality test with Shapiro Wilk test showed that the data were normally distributed while the homogeneity test with the Leven's test found that the data had a homogeneous variant. The results of hypothesis testing in treatment group I with Paired Sample t-Test, obtained p value = 0,000 in SEBT which means intervention of Spanish squat training can increase knee stabilization in jumpers knee. In treatment II group with Paired Sample t-Test, p value = 0,000 in SEBT which means Ultrasound intervention and Spanish squat exercise can increase knee stabilization in jumpers knee. The results of the independent sample t-test showed p = 0.004 at SEBT there was a difference between the intervention of Spanish squat training and ultrasound and Spanish squat training on knee stabilization in jumpers knee. Conclusion: There was a difference in the intervention between Spanish squat training and ultrasound intervention and Spanish squat training on knee stabilization in knee jumpers.

Keywords: Ultrasound intervention, Spanish squat exercise, Star Excursion Balance Test, Jumpers Knee.



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