



ABSTRAK

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Franz Kornelius Tupan

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas EsaUnggul

PERBEDAAN PENAMBAHAN SLANT BOARD EXERCISE DAN STATIK LEG EXTENSION PADA STRAIGHT LEG RISE TERHADAP VERTICAL JUMP PADA KASUS TENDINITIS PATELLARIS PADA PEMAIN BASKET.

Terdiri dari VI Bab, 70 Halaman, 18 Tabel, 18 Gambar, 3 Grafik, 4 Skema, 8 Lampiran

Tujuan: Untuk mengetahui perbedaan penambahan *slant board exercise* dan *static leg extension* pada *straight leg rise* terhadap *vertical jump* pada kasus *tendinitis patellaris* pada pemain basket. **Metode:** Penelitian ini bersifat *Quasi Experiment* dengan bentuk 2 kelompok, dimana *vertical jump* diukur dengan menggunakan *sargent test*, Sampel terdiri dari 18 orang yang didapat dari rumus *Pocock*. Sampel dikelompokkan menjadi 2 kelompok yang mana terdiri dari 9 orang, kelompok perlakuan I dengan latihan *slant board exercise* dan *straight leg rise* dan kelompok perlakuan II dengan latihan *static leg extension* dan *straight leg rise*. **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 Sampel Test*, didapatkan nilai $p=0,000$ untuk *vertical jump* yang berarti pemberian latihan *slant board exercise* dan *straight leg rise* efektif meningkatkan *vertical jump* pada pemain basket. Pada kelompok perlakuan II, didapatkan nilai $p= 0,000$ untuk *vertical jump* yang berarti pemberian latihan *static leg extension* dan *straight leg rise* efektif dalam meningkatkan *vertical jump* pada pemain basket. Pada hasil *T-Test Independent* menunjukkan nilai $p=0,0700$ untuk *vertical jump* yang berarti tiak ada *slant board exercise* dan *static leg extension* pada *straight leg rise* terhadap *vertical jump* pada kasus *tendinitis patellaris* pada pemain basket. **Kesimpulan:** Tidak ada perbedaan penambahan *slant board exercise* dan *static leg extension* pada *straight leg rise* terhadap *vertical jump* pada kasus *tendinitis patellaris* pada pemain basket

Kata Kunci : *slant board exercise, static leg extension, straight leg rise, vertical jump, tendinitis patellaris,*



ABSTRACT

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Franz Kornelius Tupan

S1 Program of Physiotherapy

Faculty of Physiotherapy

EsaUnggul University

DIFFERENCES IN ADDITION OF ECCENTRIC QUADRICEPS AND STATIC LEG EXTENSION ON STRAIGHT LEG RISE ON VERTICAL JUMP IN PATELLAR TENDINITIS CASE IN BASKETBALL PLAYERS

Consisting of Chapter VI, 70 Maps, 18 Tables, 18 Pictures, 3 Graphs, 4 Scheme, 8 Annex

Objective: To determine differences in quadriceps eccentric addition and static leg extension in straight leg rise against vertical jump in cases of patellar tendinitis in basketball players. **Methods:** This study is a Quasi Experiment form two groups, which is the vertical jump is measured by sargent test . , Sampel consists of 18 people obtained from Pocock's formula. The sampels were grouped into 2 groups, consisting of 9 people, treatment group I with quadriceps eccentric exercise and straight leg rise and treatment group II with static leg extension and straight leg rise exercises. **Results:** Normality test with Shapiro Wilk Test gets normal distribution of data and homogeneity test with Levene's Test gets data has a homogeneous variant. The results of hypothesis test in the experimental group I with Paired Sampel T-Test p value = 0.000 which giving with quadriceps eccentric exercise and straight leg rise exercise effective in increase vertical jump In the treatment group II get the p value = 0.000 which means giving static leg extension and straight leg rise exercise. is effective in increase vertical jump. The result of T-Test Independent show p value = 0,070 which giving there is no difference in quadriceps eccentric addition and static leg extension in straight leg rise against vertical jump in cases of patellar tendinitis in basketball players. **Conclusion:** There is no difference in quadriceps eccentric addition and static leg extension in straight leg rise against vertical jump in cases of patellar tendinitis in basketball players.

Keywords: eccentric quadriceps, static leg extension, straight leg rise, vertical jump, tendinitis patellaris.