



## ABSTRAK

SKRIPSI, Juli 2019

**Heru Hardiana**

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

### **HUBUNGAN DAYA TAHAN OTOT *PLANTAR FLEXOR* DENGAN *AGILITY SKILL* PADA PEMAIN BOLA VOLI DI UKM VOLI UNIVERSITAS ESA UNGGUL**

Terdiri dari VI Bab, 67 Halaman, 6 Tabel, 11 Gambar, 3 Skema, 10 Lampiran

**Tujuan:** Mengetahui hubungan daya tahan otot *plantar flexor* dengan *agility skill* pada pemain bola voli di UKM voli UEU yang berusia 18-25 tahun. **Metode:** Penelitian ini merupakan penelitian non eksperimental berupa studi korelasi untuk menganalisis hubungan daya tahan otot *plantar flexor* dengan *agility skill*. Total sampel sebanyak 18 orang pemain bola voli usia 18-25 tahun yang merupakan anggota dari UKM voli UEU, Jakarta Barat. Alat ukur yang digunakan adalah *Calf Raises Test* untuk daya tahan otot *plantar flexor* dan *Hexagonal Obstacle Test* untuk *agility skill*. **Hasil:** Uji korelasi dengan *spearman-rank test* didapatkan nilai signifikasnsi  $p= 0,864$  ( $p>0,05$ ) dengan  $r= -0,057$ . Rata-Rata dan standar deviasi *Calf Raises Test* sebesar  $22,22\pm 5,694$  dan pada *Hexagonal Obstacle Test*  $21,70\pm 7,91$ . **Kesimpulan:** Tidak terdapat hubungan antara daya tahan otot *plantar flexor* dengan *agility skill* pada pemain voli di UKM Voli Universitas Esa Unggul

**Kata Kunci:** Daya tahan otot *plantar flexor*, *Agility Skill*, *Calf Raises Test*, *Hexagonal Obstacle Test*



## ABSTRACT

UNDERGRADUATE THESIS, July 2019

**Heru Hardiana**

Undergraduate Programme of Physiotherapy

Faculty of University

Esa Unggul University

### **RELATIONSHIP BETWEEN PLANTAR FLEXOR MUSCLE ENDURANCE AND AGILITY SKILL IN VOLLEYBALL PLAYERS AT UKM VOLLEYBALL ESA UNGGUL UNIVERSITY**

Consist of VI Chapters, 67 pages, 6 Tables, 11 Images, 3 Schemes, 10 Apendixs

**Objective:** Determine the relationship between plantar muscle flexor endurance and agility skills for volleyball players at UKM volleyball UEU aged 18-25 years.

**Method:** This study is a non-experimental study in the form of a correlation study to analyze the relationship of plantar muscle flexor endurance with agility skills.

The total sample is 18 volleyball players aged 18-25 years who are members of the UEU volleyball UKM, West Jakarta. The measuring instrument used was Calf Raises Test for plantar flexor and Hexagonal Obstacle Test for endurance agility skills.

**Result:** Correlation test with spearman-rank test obtained a significant value of  $p = 0.864$  ( $p > 0.05$ ) with  $r = -0.057$ . The mean and standard deviation of the Calf Raises Test is  $22.22 \pm 5.694$  and in the Hexagonal Obstacle Test  $21.70 \pm 7.91$ .  
**Conclusion:** There is no relationship between plantar flexor muscle endurance and agility skills in volleyball players at UKM Volleyball, Esa Unggul University

**Keywords:** Plantar flexor muscle endurance, Agility Skill, Calf Raises Test, Hexagonal Obstacle Test.