



ABSTRAK

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PENGARUH TIGHTNESS OTOT GASTROCNEMIUS DAN OTOT HAMSTRING TERHADAP RISIKO PLANTAR FASCIITIS

Terdiri dari VI Bab, 56 Halaman, 17 Tabel, 10 Gambar, 2 Skema, 7 Lampiran

Tujuan: Mengetahui pengaruh *tightness* otot *gastrocnemius* dan otot *hamstring* terhadap risiko *plantar fasciitis*. **Metode:** Penelitian ini merupakan jenis penelitian non eksperimental berupa studi korelasi untuk menganalisis pengaruh *tightness* otot *gastrocnemius* dan otot *hamstring* terhadap risiko *plantar fasciitis*. Total sampel sebanyak 20 orang *sales promotion girl* yang bekerja di Dan+Dan store, Bekasi. Alat ukur yang digunakan adalah *Silverskiold Test* untuk *tightness* otot *gastrocnemius*, *Knee Ekstensi Angle Test* untuk *tightness* otot *hamstring*, dan *Rapid Entire Body Assesment* untuk tingkat risiko *plantar fasciitis*. **Hasil:** Uji korelasi dengan *Pearson Product Moment Test* didapatkan nilai signifikansi (p) dan koefisien korelasi (r) pada pegelangan kaki kanan dan kiri secara berturut-turut $p=0,581$, $r=-0,140$ dan $p=0,83$, $r=-0,219$. Rata-rata dan standar deviasi *Single Leg Balance Test* pada kaki kanan sebesar $54,65 \pm 17,16$, kaki kiri $56,88 \pm 17,13$ dan pada *Hexagonal Obstacle Test* sebesar $21,70 \pm 7,91$. **Kesimpulan:** Terdapat pengaruh *tightness* otot *gastrocnemius* dan otot *hamstring* terhadap risiko *plantar fasciitis*.

Kata Kunci: *Tightness gastrocnemius*, *Tightness hamstring*, Risiko *plantar fasciitis*, *Silverskiold Test*, *Knee Ekstensi Angle Test*, *Rapid Entire Body Assesment*.



ABSTRACT

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THE EFFECT OF GASTROCNEMIUS MUSCLE TIGHTNESS AND TIGHTNESS MUSCLE HAMSTRING ON FASCIITIS PLANTAR RISK

Consist of VI Chapters, Pages, 16 Tables, 4 Images, 2 Schemes, 7 Apendixs

Objective: Determine the effect of gastrocnemius muscle tightness and hamstring muscle tightness on plantar fasciitis risk. **Method:** This study is a non-experimental study in the form for a correlation study to analyze the relationship between gastrocnemius tightness, hamstring tightness, risk of plantar fasciitis. The total sample is 20 sales promotion girl working in Dan+Dan store, Bekasi.. The measuring instrument used was Silverskiold Test for gastrocnemius muscle thightness, Knee Extension Angle Test for hamstring muscle thightness, and Rapid Entire Body Assessment for the risk of plantar fasciitis. **Result:** Correlation test with the Pearson Product Moment Test obtained significance values (p) and correlation coefficients (r) on the right and left ankle $p = 0.581$, $r = -0.140$ and $p = 0.83$, $r = -0.219$. The average and standard deviation of the Single Leg Balance Test on the right foot is 54.65 ± 17.16 , the left leg is 56.88 ± 17.13 and the Hexagonal Obstacle Test is 21.70 ± 7.91 . **Conclusion:** There is an influence of gastrocnemius muscle tightness and hamstring muscles on the risk of plantar fasciitis.