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PERBEDAAN ANTARA *CORE STABILITY* DAN *PLYOMETRIC SQUAT JUMP EXERCISE* PADA *ECCENTRIC QUADRICEPS EXERCISE* TERHADAP AKURASI *JUMP SHOT* DAN *VISA P-SCORE* PEMAIN BASKET REMAJA PUTRA PADA KONDISI TENDINITIS PATELLARIS.

Terdiri dari VI Bab, 100 Halaman, 15 Tabel, 18 Gambar, 2 Grafik, 4 Skema, 12 Lampiran

Tujuan: Untuk mengetahui perbedaan antara *core stability exercise* dan *plyometric squat jump exercise* pada *eccentric quadriceps exercise* terhadap akurasi *jump shot* dan *visa p-score* pemain basket remaja putra pada kondisi tendinitis patellaris. **Metode:** Penelitian ini bersifat *Quasi Experiment* dengan desain *pre* dan *post test*, dimana kemampuan akurasi *jump shot* diukur dengan *field test* dan fungsional nyeri dengan *visa p-score*. Total sampel terdiri dari 22 orang yang dikelompokkan menjadi 2 dan tiap kelompok terdiri dari 11 orang. Kelompok perlakuan I dengan *core stability exercise* dan *eccentric quadriceps exercise* dan kelompok perlakuan II dengan *plyometric squat jump exercise* dan *eccentric quadriceps exercise*. **Hasil:** Pemberian *core stability exercise* dan *plyometric squat jump exercise* pada *eccentric quadriceps exercise* menunjukkan nilai yang signifikan terhadap peningkatan akurasi *jump shot* ($p < 0,05$). Begitu juga terhadap *visa p-score* ($p < 0,05$). Namun pada uji beda dengan *Mann Whitney U test* menunjukkan tidak ada perbedaan yang signifikan antara penambahan *core stability exercise* dan *plyometric squat jump exercise* pada *eccentric quadriceps exercise* terhadap peningkatan akurasi *jump shot* ($p > 0,05$). Tetapi dengan *Independent sample T-Test* menunjukkan perbedaan yang signifikan antara penambahan *core stability exercise* dan *plyometric squat jump exercise* pada *eccentric quadriceps exercise* terhadap *visa p-score* ($p < 0,05$).

Kesimpulan: Pemberian latihan antara *core stability exercise* dan *plyometric squat jump exercise* pada *eccentric quadriceps exercise* tidak menunjukkan perbedaan yang bermakna terhadap peningkatan akurasi *jump shot*, namun menunjukkan perbedaan yang bermakna terhadap *visa p-score* pemain basket remaja putra pada kondisi tendinitis patellaris.

Kata Kunci : *eccentric quadriceps exercise*, *core stability exercise*, *plyometric squat jump exercise*, akurasi *jump shot* dan *visa p-score*.



ABSTRACT

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ADDITIONAL DIFFERENCES BETWEEN THE CORE STABILITY AND PLYOMETRIC SQUAT JUMP EXERCISE AT ECCENTRIC QUADRICEPS EXERCISE ON THE ACCURACY OF JUMP SHOT AND VISA P-SCORE IN THE YOUNG MALE BASKETBALL IN PATELLARIS TENDINITIS CONDITION.

Consisting of Chapter VI, 100 Maps, 15 Tables, 18 Pictures, 4 Graphs, 4 Scheme, 12 Annex

Objective: *To find out the additional differences between core stability exercise and plyometric squat jump exercise and eccentric quadriceps exercise on the accuracy of jump shots and p-score visas for young male basketball players in conditions of patellar tendinitis. **Methods:** This study is a Quasi Experiment with pre and post test design, where the accuracy of jump shot is measured by field testing and functional pain with a p-score visa. The total sample consisted of 22 people grouped into 2 and each group consisted of 11 people. The first treatment group with core stability training and eccentric quadriceps and treatment group II exercises with plyometric squat jump training and eccentric quadriceps exercises. **Results:** The provision of core stability exercise and plyometric squat jump exercise on the eccentric quadriceps exercise showed significant values for increasing the accuracy of jump shots ($p < 0.05$). Likewise with the p-score visa ($p < 0.05$). However, in different tests with Mann Whitney U test showed no significant difference between the addition of core stability exercise and plyometric squat jump exercise on the eccentric quadriceps exercise to increase the accuracy of jump shots ($p > 0.05$). But with the Independent sample T-Test, it shows a significant difference between the addition of core stability exercise and plyometric squat jump exercise on eccentric quadriceps exercise on the p-score visa ($p < 0.05$). **Conclusion:** The exercise of core stability exercise and plyometric squat jump exercise on the eccentric quadriceps exercise did not show a significant difference in increasing the accuracy of jump shots, but showed a significant difference in p-score visas for young male basketball players in patellar tendinitis.*

Keywords: *eccentric quadriceps exercise, core stability exercise, plyometric squat jump exercise, accuracy of jump shot and visa p-score.*