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**ANALISIS STABILITAS, NYERI *SPRAIN* PERGELANGAN KAKI KRONIK  
DENGAN AKURASI TENDANGAN SEBELUM DAN SESUDAH *ANKLE  
THERABAND EXERCISE* DI UNIT KEGIATAN MAHASISWA (UKM) FUTSAL  
UNIVERSITAS ESA UNGGUL**

Terdiri dari VI Bab, 76 Halaman, 12 Tabel, 11 Gambar, 3 Skema, 9 Lampiran

**Tujuan:** Menganalisis hubungan antara stabilitas, nyeri *sprain* pergelangan kaki kronik dan akurasi tendangan sebelum dan sesudah *ankle theraband exercise* di UKM Futsal UEU. **Metode:** Penelitian ini merupakan penelitian *eksperimen non random pre post design without control* untuk menganalisis hubungan stabilitas, nyeri *sprain* pergelangan kaki kronik dan akurasi tendangan sebelum dan sesudah *ankle theraband exercise*. Total sampel sebanyak 23 orang pemain futsal UKM Futsal UEU usia 18-25 tahun. Alat ukur yang digunakan adalah *single leg balance test* untuk stabilisasi *ankle*, nyeri *sprain* pergelangan kaki kronik dengan VAS dan *AAHPERD Test* untuk akurasi tendangan. **Hasil:** Uji beda dengan *Wilcoxon match pairs* akurasi tendangan dan nyeri setelah intervensi *ankle theraband exercise* secara berturut-turut memiliki nilai  $p=0,049$  dan  $p=0,001$  ( $p<0,005$ ). Uji korelasi *Spearman rank test* hubungan antar stabilisasi dan nyeri terhadap akurasi tendangan secara berturut-turut adalah  $p=0,0489$  dan  $p=0,086$  ( $p>0,005$ ). **Kesimpulan:** Terdapat perubahan yang bermakna setelah intervensi *ankle theraband exercise* pada akurasi tendangan dan nyeri *sprain* pergelangan kaki kronik serta tidak terdapat hubungan antara stabilitas dan nyeri *sprain* pergelangan kaki kronik terhadap akurasi tendangan di UKM Futsal Universitas Esa Unggul.

**Kata Kunci:** akurasi tendangan, stabilisasi *ankle*, *sprain* pergelangan kaki kronik, *Ahhperd test*, *Single Leg Balance test*, VAS.



## ABSTRACT

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### **ANALYSIS OF STABILITY, CHRONIC SPRAIN ANKLE PAIN WITH KICK ACCURACY BEFORE AND AFTER ANKLE THERABAND EXERCISE AT STUDENT ACTIVITY UNIT (UKM) OF FUTSAL ESA UNGGUL UNIVERSITY**

Consist of VI Chapters, 76 Pages, 12 Tables, 11 Images, 3 Schemes, 9 Appendixs

**Objective:** Analyzing relationship between stability, chronic ankle sprain pain and kick accuracy before and after ankle theraband exercise UKM Futsal UEU. **Method:** This study is a non-random pre-post design without control experimental study to analyze the relationship of stability, chronic ankle sprain pain and kick accuracy before and after ankle therapy exercises. The total sample is 23 futsal players UKM Futsal UEU aged 18-25 years. Measuring instruments used are the single leg balance test for ankle stabilization, chronic ankle sprain pain with VAS and AAHPERD Test for kick accuracy. **Result:** Different test with the Wilcoxon match pairs accuracy of kick accuracy and pain after ankle theraband exercise intervention respectively had a value of  $p = 0.049$  and  $p = 0.001$  ( $p < 0.005$ ). Correlation test of the Spearman rank test, the relationship between stabilization and pain on kicking accuracy was  $p = 0.0489$  and  $p = 0.086$  ( $p > 0.005$ ), respectively. **Conclusion:** There was a significant change after intervention of therapeutic ankle exercise on kick accuracy and chronic ankle sprain pain and there was not a correlation between stability and chronic ankle sprain pain with kick accuracy in futsal players at UKM Futsal UEU.

**Keywords:** kick accuracy, ankle stabilization, chronic ankle sprain, AHPERD Test, Single Leg Balance Test, VAS.