



ABSTRACT

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RELATIONSHIP OF CORE MUSCLE OF STRENGTH WITH DYNAMIC BALANCE IN BASKETBALL PLAYERS DECATHLON ALAM SUTERA

Consist of VI Chapters, 65 Pages, 7 Tables, 10 Images, 3 Schemes, 10Apendixs

Objective: Determine the relationship between core muscle of strength and dynamic balance of basketball players Decathlon Alam Sutera aged 18-25 years. **Method:** This study is a non-experimental study in the form for a correlation study to analyze the relationship between core muscle of strength and dynamic balance. The total sample is 20 basketball players aged 18-25 years who are members of Decathlon Alam Sutera. The measuring instrument used was Prone Plank for core muscle and Start Excursion Balance Test for dynamic balance. **Result:** Correlation test with Spearman-Rank Test obtained a significance value (p) and a correlation coefficient (r) $p = 0.954$, $r = -0.014$, The average and standard deviation of Start Excursion Balance Test is equal to $72,15 \pm 11,27$., **Conclusion:** There is relationship between core muscle of strength and dynamic balance of the Decathlon Alam Sutera.

Keywords : *core muscle of, dynamic balance, Prone Plank, Start Excursion Balance Test.*