



## ABSTRAK

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**PERBEDAAN EFEK PENAMBAHAN ANTARA INTERVENSI *FRONTAL PLANE LUNGES* DAN *MODIFIED MATRIX EXERCISE* PADA *FOAM ROLLER MOBILIZATION* TERHADAP PENINGKATAN *AGILITY* PELARI PADA KASUS *ILIOTIBIAL BAND SYNDROME***

Terdiri dari VI Bab, 64 Halaman, 10 Tabel, 9 Gambar, 4 Skema, 8 Lampiran

**Tujuan:** Untuk mengetahui perbedaan efek penambahan antara intervensi *frontal plane lunges* dan *modified matrix exercise* pada *foam roller mobilization* terhadap peningkatan *agility* pelari pada kasus *iliotibial band syndrome*. **Metode:** Merupakan penelitian *quasi experiment*. Sampel terdiri dari 18 orang di Kecamatan Parittiga, Kabupaten Bangka Barat. Sampel dikelompokkan menjadi 2 kelompok, dengan setiap kelompok berjumlah 9 orang. **Hasil:** Uji normalitas dengan *Shapiro Wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian homogen. Hasil uji *paired sample t-test* pada kelompok I didapatkan nilai  $p < 0,01$  yang berarti intervensi *frontal plane lunges* dan *foam roller mobilization* dapat meningkatkan *agility* pelari pada kasus ITBS. Pada hasil *independent sample t-test* menunjukkan nilai  $p > 0,05$  berarti tidak terdapat perbedaan signifikan antara intervensi *foam roller mobilization* dan *frontal plane lunges* dengan intervensi *foam roller mobilization* dan *modified matrix exercise* terhadap peningkatan *agility* pelari pada kasus ITBS. **Kesimpulan:** Tidak ada perbedaan efek penambahan antara intervensi *frontal plane lunges* dan *modified matrix exercise* pada *foam roller mobilization* terhadap peningkatan *agility* pelari pada kasus ITBS.

**Kata Kunci:** *Frontal Plane Lunges, Modified Matrix Exercise, Foam Roller Mobilization, Pelari, Agility, Iliotibial Band Syndrome*



## ABSTRACT

SKRIPSI, August 2020

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**“ADDITION EFFECTS’ DIFFERENCES BETWEEN FRONTAL PLANE LUNGES INTERVENTION AND MODIFIED MATRIX EXERCISE AGAINST FOAM ROLLER MOBILIZATION TO IMPROVE RUNNER’S AGILITY IN ILIOTIBIAL BAND SYNDROME CASES**

Consists of VI Chapter, 64 Pages, 10 Tables, 9 Images, 4 Schemes, 8 Attachments

**Objective:** To know the difference in frontal plane lunges and modified matrix exercise with the addition of foam roller mobilization in increase runner agility in cases iliotibial band syndrome. **Method:** Is a quasi research experiment. The sample consisted of 18 people in Kecamatan Parittiga, Kabupaten Bangka Barat. The samples were grouped into 2 groups, which each group of 9 people. **Result:** normality test with shapiro wilk test obtained normal distributed data while with homogeneity test with Levene’s test obtained data has homogeneous variants. Paired sample t-test results in treatment group I were obtained  $p < 0,01$  which means intervention frontal plane lunges and foam roller mobilization can improve runner agility with iliotibial band syndrome. Paired sample t-test results in treatment group II obtained  $p > 0,05$  means that there is no significant difference between foam roller mobilization intervention and frontal plane lunges with foam roller mobilization intervention and modified matrix exercise towards improving the runner’s agility to ITBS cases. **Conclusion:** There is no difference of increase effects between frontal plane lunges intervention and modified matrix exercise to foam roller mobilization towards runner’s agility increase with ITBS cases.

**Keywords:** Frontal Plane Lunges, Modified Matrix Exercise, Foam Roller Mobilization, Runner, Agility, Iliotibial Band Syndrome