

## ABSTRAK



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### **HUBUNGAN FLEKSIBILITAS HAMSTRING DENGAN KECEPATAN BELARI PADA PEMAIN FUTSAL RSUD CENKARENG**

Terdiri VI Bab, 45 Halaman, 7 Tabel, 5 Gambar, 5 Lampiran

**Tujuan:** Untuk mengetahui hubungan fleksibilitas hamstring dengan Kecepatan berlari pada pemain futsal. **Metode :** penelitian ini bersifat deskriptif kuantitatif dengan tipe studi korelasi. Sampel dipilih menggunakan teknik *purposive sampling*. Sampel terdiri dari 32 orang pemain Futsal di tim RSUD Cengkareng, dimana fleksibilitas hamstring diukur menggunakan *sit and reach test* (SRT) dan kecepatan berlari di ukur dengan lari 40m. **Hasil:** Uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi tidak normal. Hasil uji hipotesis dengan uji korelasi *spearman*, didapatkan  $p = 0,04$  pada SRT dan tes keterampilan sepak takraw serta nilai  $r=0,364$ . **Kesimpulan:** Ada hubungan yang rendah dengan semakin tingginya fleksibilitas hamstring maka ada kemungkinan semakin cepat pemain berlari.

**Kata Kunci:** Fleksibilitas hamstring, kecepatan berlari, *Sit and Reach Tes*,Futsal

## ABSTRACT



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### **CORRELATION BETWEEN HAMSTRING FLEXIBILITY WITH SPEED RUNNING FUTSAL PLAYERS OF CENGKARENG HOSPITAL.**

Consists of VI Chapter, 45 Pages, 7 Tables, 5 Images, 5 Appendix

**Objective:** To find out the relationship between hamstring flexibility and running speed on futsal players. **Methods:** This research is quantitative descriptive with the type of correlation study. Samples were selected using a purposive sampling technique. The sample consisted of 32 Futsal players in the Cengkareng Rsud team, where hamstring flexibility was measured using a sit and reach test (SRT) and running speed was measured by running 40m. **Result:** Normality test with Shapiro Wilk test obtained abnormal distribution data. Hypothesis test results with the Spearman correlation test, obtained  $p = 0.04$  on the SRT and sepak takraw skills test and the value of  $r = 0.364$ . **Conclusion:** There is a low relationship with the higher flexibility of the hamstring so there is a possibility of the faster the player runs.

**Keywords:** Hamstring flexibility, running speed, Sit and Reach Test, Futsal.