

ABSTRAK



SKRIPSI, Juli 2020

Afifah

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

PENAMBAHAN SINGLE LEG STANCE HOLD THE BALL PADA WOBBLE BOARD DENGAN BOSU BALL TERHADAP KESEIMBANGAN DINAMIS PADA PEMAIN SEPAK BOLA SPRAIN ANKLE KRONIS

Terdiri dari IV Bab, 100 Halaman, 6 Gambar, 12 Tabel, 4 Skema, 16 Lampiran

Tujuan: Mengetahui perbedaan latihan *single leg stance hold the ball with wobble board* dan *single leg stand hold the ball with bosu ball* untuk stabilisasi terhadap pemain sepak bola pada kasus sprain ankle kronik. **Metode:** Penelitian ini merupakan jenis penelitian eksperimental, *pre-post test design*. Sampel terdiri dari 16 orang pemain sepak bola dan dipilih berdasarkan *purposive sampling* dengan menggunakan tabel assessment yang tersedia. **Hasil:** Hasil uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis kelompok perlakuan I dengan T-test of related didapatkan nilai $p=0,000$ yang berarti latihan *single leg stance hold the ball with wobble board* dapat meningkatkan keseimbangan dinamis *ankle sprain ankle kronik*. Pada hasil T-test independent menunjukkan nilai $p=0,000$ yang berarti bahwa kelompok perlakuan I lebih baik dari kelompok perlakuan II. **Kesimpulan:** Ada perbedaan yang signifikan antara pemberian latihan *single leg stance hold the ball with wobble board* dan *single leg stance hold the ball with bosu ball* dalam meningkatkan keseimbangan dinamis pemain sepak bola. **Kata Kunci:** Latihan *single leg stance hold the ball with wobble board*, Latihan *single leg stance hold the ball with bosu ball*, keseimbangan dinamis pada pemain sepak bola pada *sprain ankle kronik*.

ABSTARCT



UNDERGRADUATE THESIS, Juli 2020

Afifah

S1 Programe of Physicaltherapy

Faculty of Physicaltherapy

Esa Unggul University

ADDITION OF SINGLE LEG STANCE HOLD THE BALL ON WOBBLE BOARD WITH BOSU BALL ON DYNAMIC BALANCE ON PLAYER SOCCER ANKLE CHRONIC

Consists of Chapters IV Chapters,100 Pages,6 Pictures,12 Tables,4 Schemes,16 Attachments

Objective: To find out about the exercise of the attitude of the single foot holding the ball with the shake board and the single foot holding the ball with bosu ball to stabilize the soccer player in the case of chronic ankle sprains. **Method:** This study is a type of experimental research, pre-post test design. The sample consisted of 16 soccer players and was chosen based on purposive sampling using the assessment table provided. **Results:** The results of the normality test with the Shapiro Wilk test obtained normal distribution of data while the homogeneity test with Levene's test obtained data have a homogeneous variant. Hypothesis test results of the treatment group I with T-test of related obtained p value = 0,000, which means that single leg stance hold the ball with wobble board exercises can improve the dynamic balance of chronic ankle sprain. In the independent T-test results showed the value of $p = 0,000$ which means that the treatment group I was better than the treatment group II. **Conclusion:** There is a significant difference between providing single leg stance hold the ball with wobble board training and single leg stance holding the ball with bosu ball in improving the dynamic balance of soccer players.

Keywords: Single leg stance hold the ball exercise with wobble board, Single leg stance hold the ball exercise with bosu ball, dynamic balance for soccer players on chronic ankle sprain.