

ABSTRAK



SKRIPSI, Juli 2020
Tasya Salsaliantika
Program Studi S-1 Fisioterapi
Fakultas Fisioterapi
Universitas Esa Unggul

PENAMBAHAN SINGLE LEG STANCE HOLD THE BALL PADA WOBBLE BOARD DENGAN BOSU BALL TERHADAP STABILISASI ANKLE PADA PEMAIN SEPAK BOLA

Terdiri dari VI Bab, 88 Halaman, 14 Tabel, 10 Gambar, 4 Skema, 9 Lampiran

Tujuan: Mengetahui perbedaan latihan single leg stand 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 stand hold the ball with wobble board dapat meningkatkan stabilisasi ankle pada sprain ankle kronik. Pada hasil T-test independent menunjukkan nilai $p=0,000$ yang berarti bahwa kelompok perlakuan II lebih baik dari kelompok perlakuan I. **Kesimpulan:** Ada perbedaan yang signifikan antara pemberian latihan single leg stand hold the ball with wobble board dan single leg stand hold the ball with bosu ball dalam meningkatkan stabilisasi ankle pemain sepak bola .

Kata Kunci: Latihan single leg stand hold the ball with wobble board, Latihan single leg stand hold the ball with bosu ball, stabilisasi ankle pemain sepak bola pada sprain ankle kronik .

ABSTRACT



UNDERGRADUATE THESIS, Juli 2020

Tasya Salsaliantika

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 ANKLE STABILIZATION IN SOCCER PLAYERS

Consist of Chapter VI Bab, 88 Pages, 14 Tables, 10 Pictures, 4 Schemes, 9 Attachments

Objective: Knowing the difference between single leg stand hold the ball with wobble board and single leg stand hold with ball with bosu ball exercises for stabilization of soccer players in the case of chronic ankle sprain. **Methods:** This research is a type of experimental research, pre-post test design. The sample consisted of 16 soccer players and were selected based on purposive sampling using the available assessment tables. **Results:** The results of the normality test with 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 the T-test of related obtained a value of $p = 0,000$, which means that the exercise of single leg stand holding the ball with wobble board can increase ankle stabilization in chronic ankle sprain. In the independent T-test results showed the value of $p = 0.000$ which means that the treatment group II was better than the treatment group I. **Conclusion:** There is a significant difference between providing single leg stand hold the ball with wobble board training and single leg stand holding the ball with bosu ball in improving the ankle stabilization of chronic ankle sprain players.

Keywords: Single leg stand hold hold the ball with wobble board training, Single leg stand hold hold the ball with bosu ball, stabilize ankle soccer players on chronic ankle sprain.