

ABSTRAK



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PENAMBAHAN *SPANISH SQUAT* PADA *SINGLE LEG DECLINE SQUAT EXERCISE* DAN *LUNGES EXERCISE* TERHADAP PENINGKATAN DAYA LEDAK OTOT PADA KASUS *JUMPER'S KNEE*

Terdiri dari VI Bab, 116 Halaman, 19 Tabel, 11 Gambar, 4 skema, 8 Lampiran

Tujuan: Untuk mengetahui perbedaan penambahan *Spanish squat* pada *single leg decline squat* dan *lunges exercise* dalam meningkatkan daya ledak otot pada kasus *Jumper's knee*. **Metode:** Penelitian bersifat *quasi experiment* dengan *pre test-post test*, nilai daya ledak otot diukur menggunakan *vertical jump test (surgent test)*. Sampel keseluruhan 18 orang dibagi menjadi 2 kelompok. Kelompok perlakuan I dengan intervensi *Spanish squat* dan *single leg decline squat*, Kelompok perlakuan II dengan intervensi *Spanish squat* dan *lunges exercise*. **Hasil :** Uji normalitas dengan *Saphiro Wilk Test* didapatkan data berdistribusi normal. uji homogenitas dengan *Levene's Test* didapatkan data memiliki varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired Sample T-Test* didapatkan nilai $p=0,001$ ($p<\alpha=0.05$) yang berarti signifikan terhadap peningkatan daya ledak otot pada kasus *Jumper's knee*. Pada kelompok perlakuan II dengan *Paired Sample T-Test* didapatkan nilai $p=0,001$ ($p<\alpha=0.05$) yang berarti signifikan terhadap peningkatan daya ledak otot pada kasus *Jumper's knee*. Pada hasil *Independent Sample T-Test* menunjukkan nilai $p=0,003$ ($p<\alpha=0.05$) yang bermakna bahwa ada perbedaan yang signifikan terhadap daya ledak otot pada kelompok perlakuan I dan II. **Kesimpulan:** Ada perbedaan penambahan *Spanish squat* pada *sinle leg decline squat* dan *lunges exercise* dalam meningkatkan daya ledak otot pada kasus *Jumper's knee*.

Kata Kunci: *Jumper's knee*, *Spanish squat*, *sinle leg decline squat Exercise*, *Lunges Exercise*.

ABSTRACT



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ADDITION OF SPANISH SQUAT ON SINGLE LEG DECLINE SQUAT EXERCISE AND LUNGES EXERCISE AGAINST INCREASED MUSCLE POWER IN JUMPER'S KNEE CASE.

Consist of VI Chapter, 116 Pages, 19 Table, 11 Image, 4 Schema, 8 Attachment

Objectives: To determine the difference in the addition of *Spanish squat* on *single leg decline squat* and *lunges exercise* in increasing muscle power in *Jumper's knee* case. **Methods:** This research using a quasi experiment with pre-post test, the value of Muscle Explosive Power measured using *vertical jump test (surgent test)*. A total sample of 18 people is divided into 2 groups. The group I treatment with *Spanish squat* dan *single leg decline squat exercise*, The group II with *Spanish squat* dan *lunges exercise*. **Result:** The normality test with *Saphiro Wilk Test* obtained a normal distribution data. testing homogeneity with *Levene's Test* obtained data has a homogeneous variant. The hypothesis test result for group I with *Paired Sample T-Test* obtained a value of $p=0,001$ ($p<\alpha=0.05$) which means have a significant on the increasing muscle power in *Jumper's knee* case. In the group II with *Paired Sample T-Test* obtained the value of $p=0,001$ ($p<\alpha=0.05$) which means have a significant on the the increasing muscle power in *Jumper's knee* case. On the results of the *Independent Sample T-Test* showed the value $p=0,003$ ($p<\alpha=0.05$) which means that there is a significant difference to the increasing muscle power in the treatment between group I and II. **Conclusion:** There are different in the addition of *Spanish squat* on *single leg decline squat* and *lunges exercise* in increasing muscle power in *Jumper's knee* case.

Keywords: *Jumper's knee, Spanish squat, sinle leg decline squat Exercise, Lunges Exercise.*