

ABSTRAK



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PERBEDAAN LATIHAN *STATIC STRETCHING* DAN LATIHAN *BALLISTIC STRETCHING* TERHADAP FLEKSIBILITAS HAMSTRING PADA PEMAIN FUTSAL

Terdiri dari VI Bab, 72 Halaman, 4 Gambar, 11 Tabel, 4 Skema, 10 Lampiran

Tujuan: Mengetahui perbedaan latihan *static stretching* dengan latihan *ballistic stretching* terhadap fleksibilitas hamstring pada pemain futsal. **Metode:** Penelitian ini merupakan jenis penelitian *quasi experimental* dengan menggunakan *pretest-posttest control group design*. Total sampel dalam penelitian ini adalah 18 orang yang dibagi menjadi 2 kelompok dan tiap kelompok berjumlah 8 orang. Kelompok I dengan intervensi *static stretching* dan kelompok II dengan *ballistic stretching*. Nilai fleksibilitas diukur menggunakan *sit and reach test*. **Hasil:** Uji hipotesis I dan II dengan *paired sampel t-test* menunjukkan nilai $p < 0,000$. Hal ini berarti pemberian intervensi kelompok I ataupun II secara signifikan dapat meningkatkan fleksibilitas hamstring. Selanjutnya, hipotesis III antara dua kelompok dengan *mann-whitney u* menunjukkan nilai 0,002 dengan mean yaitu 4.88 ± 39.00 dan 12.13 ± 97.00 ada perbedaan peningkatan fleksibilitas hamstring pada pemain futsal perlakuan I dan kelompok perlakuan II penelitian ini menunjukkan perbedaan *static stretching* dan *ballistic stretching* dengan perbedaan rata-rata selisih dan standar deviasi pada kelompok I sebesar 31.75 ± 2.31 dan pada kelompok II sebesar 34.13 ± 2.03 . **Kesimpulan:** Ada perbedaan antara *static stretching exercise* dengan *ballistic stretching exercises* dalam meningkatkan fleksibilitas hamstring pada pemain futsal.

Kata Kunci: *Fleksibilitas hamstring, Static stretching exercise, Ballistic stretching exercises, Sit and reach test, Pemain futsal.*

ABSTRACT



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THE DIFFERENCE OF STATIC STRETCHING EXERCISE AND BALLISTIC STRETCHING EXERCISES ON HAMSTRING FLEXIBILITY IN FUTSAL PLAYER

Consists of Chapter VI, 72 pages, 4 pictures, 11 tables, 4 schemes, 10 appendices

Objective: To determine the difference between *static stretching* and *ballistic stretching* on hamstring flexibility in futsal players. **Methods:** This research is a quasi experiment research using pretest-posttest control group design. The total sample in this study was 18 people who were divided into 2 groups and each group numbered 8 people. Group I with *static stretching* intervention and group II with *ballistic stretching*. The value of flexibility is measured using the *sit and reach test*. **Results:** Hypothesis I and II testing with *paired sample t-test* showed p value <0.000 . This means that the provision of intervention groups I or II can significantly increase hamstring flexibility. Furthermore, hypothesis III between the two groups with *Mann-Whitney U* shows a value of 0.002 with a mean of 4.88 ± 39.00 and 12.13 ± 97.00 there is a difference in the increase in hamstring flexibility in the futsal player treatment I and treatment group II this study shows differences in *static stretching* and *ballistic stretching* with differences. The average difference and standard deviation in group I was 31.75 ± 2.31 and in group II was 34.13 ± 2.03 . **Conclusion:** There is a difference between *static stretching exercise* and *ballistic stretching exercises* in increasing hamstring flexibility in futsal players.

Keywords: *Hamstring flexibility, Static stretching exercise, Ballistic stretching exercises, Sit and reach test, Futsal players.*