



ABSTRAK

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HUBUNGAN LUAS GERAK SENDI PANGGUL BIDANG SAGITAL TERHADAP TINGGI LOMPATAN PADA PEMAIN BOLA VOLI TINGKAT MAHASISWA

Tujuan: Untuk mengetahui hubungan luas gerak sendi panggul bidang sagital terhadap tinggi lompatan pada pemain bola voli tingkat mahasiswa. **Metode:** Penelitian ini menggunakan metode *cross sectional*, untuk menganalisa hubungan antara variabel luas gerak sendi panggul bidang sagital menggunakan goniometer dan tinggi lompatan menggunakan *vertical jump test*. Sampel penelitian terdiri dari 25 sampel yang merupakan pemain bola voli tingkat mahasiswa di Universitas Esa Unggul. Teknik pengambilan sampel berdasarkan teknik *purposive sampling*, terdiri atas kriteria penerimaan dan kriteria penolakan. **Hasil:** Hasil pengukuran luas gerak sendi panggul pada gerak fleksi didapatkan nilai $\pm 113.32 \pm 5.713$ sedangkan pada gerak ekstensi didapatkan nilai $\pm 14.56 \pm 2.902$. Pada tinggi lompatan nilai \pm adalah 45.44 ± 7.517 . Hasil uji normalitas dengan *Shaphiro-Wilk Test*, data variabel penelitian didapatkan hasil olah data berdistribusi normal. Hasil uji korelasi dengan *Pearson correlation* didapatkan hasil untuk hubungan gerakan fleksi terhadap tinggi lompatan nilai $p= 0,000$ $r= 0,875$ sedangkan gerakan ekstensi terhadap tinggi lompatan nilai $p=0,001$ $r=-0,611$. **Kesimpulan:** Ada hubungan luas gerak sendi panggul bidang sagital terhadap tinggi lompatan pada pemain bola voli tingkat mahasiswa.

Kata Kunci: luas gerak sendi panggul bidang sagital, goniometer, *vertical jump*.



ABSTRACT

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THE RELATIONSHIP RANGE OF MOTION ON HIP JOINT SAGITAL FIELD WITH VERTICAL JUMP IN STUDENTS VOLLEYBALL PLAYERS

Objective: To determine the relationship between the area of motion of the hip joints in the sagittal plane and the height of the jumps at the student level volleyball players. **Method:** This study used a cross sectional method, to analyze the relationship between variable sagittal hip joint motion using a goniometer and jump height using a vertical jump test. The research sample consisted of 25 samples which were volleyball players at the student level at Esa Unggul University. The sampling technique is based on a purposive sampling technique, consisting of acceptance criteria and rejection criteria. **Results:** The results of measuring the area of hip joint motion in flexion motion obtained the mean $\pm 113.32 \pm 5.713$ while the extension motion obtained the mean $\pm 14.56 \pm 2.902$. At high jumps the mean \pm is 45.44 ± 7.517 . The results of the normality test with the *Shaphiro-Wilk Test*, the research variable data obtained results of normal distribution of data processing. Correlation test results with *Pearson correlation* obtained results for the relationship of flexion motion to the jump height value of $p = 0,000$ $r = 0.875$ while the extension movement to jump height value of $p = 0.001$ $r = -0.611$. **Conclusion:** There is a broad relationship between the motion of the sagittal hip joints and the height of the jumps at the student level volleyball players

Keywords: area of pelvic joint motion, sagittal plane, goniometer, vertical jump.