

ABSTRAK



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HUBUNGAN FLEKSIBILITAS HAMSTRING DENGAN KECEPATAN BERLARI PADA PEMAIN *CRICKET* DKI JAKARTA

Terdiri dari VI Bab, 60 Halaman, 10 Tabel, 2 Gambar, 3 Skema, 9 Lampiran

Tujuan: Untuk mengetahui hubungan fleksibilitas *hamstring* dengan kecepatan berlari pada pemain *cricket* DKI Jakarta. **Metode:** Penelitian ini merupakan penelitian deskriptif analitik berupa studi korelasi untuk menganalisis hubungan fleksibilitas *hamstring* dengan kecepatan berlari. Total sampel berjumlah 32 orang dengan rentang usia 20–29 tahun yang merupakan pemain *cricket* dari klub *cricket* Rawamangun. Data fleksibilitas *hamstring* diukur dengan *sit and reach test* sedangkan data kecepatan berlari diukur dengan *20 meter dash sprint test*. **Hasil:** Uji korelasi menggunakan *pearson product moment* didapatkan nilai signifikansi $p = 0,470$ ($p > 0,05$) yang artinya tidak signifikan dengan nilai $r = -0,132$ yang artinya kekuatan korelasi penelitian ini sangat lemah dengan arah korelasi negatif yang artinya semakin tinggi nilai fleksibilitas *hamstring* maka semakin kecil waktu pada kecepatan berlari. Rata rata dan standar deviasi fleksibilitas *hamstring* sebesar $30,04 \pm 5,18$ dan pada kecepatan berlari sebesar $3,16 \pm 0,17$ khususnya pada pemain *cricket* DKI Jakarta. **Kesimpulan:** Tidak terdapat hubungan antara fleksibilitas *hamstring* dengan kecepatan berlari, khususnya pada pemain *cricket* Rawamangun, Jakarta Timur.

Kata Kunci: Fleksibilitas *Hamstring*, Kecepatan berlari, *Cricket*

ABSTRACT



Undergraduate Thesis, August 2021

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THE RELATIONSHIP OF HAMSTRING FLEXIBILITY WITH RUNNING SPEED ON DKI JAKARTA CRICKET PLAYERS

Consists of VI Chapters, 60 Pages, 10 Tables, 2 Figures, 3 Schemes, 9 Attachments

Objective: To determine the relationship between hamstring flexibility and running speed in DKI Jakarta cricket players. **Methods:** This research is a descriptive analytic study in the form of a correlation study to analyze the relationship between hamstring flexibility and running speed. The total sample is 32 people with an age range of 20–29 years who are cricket players from Rawamangun cricket club. Hamstring flexibility data was measured by sit and reach test while running speed data was measured by 20 meter dash sprint test. **Results:** Correlation test using Pearson product moment obtained a significance value of $p = 0.470$ ($p > 0.05$) which means it is not significant with a value of $r = -0.132$ which means that the correlation strength of this study is very weak with a negative correlation direction, which means the higher the value of hamstring flexibility, the less time at running speed. The mean and standard deviation of hamstring flexibility is 30.04 ± 5.18 and at running speed is 3.16 ± 0.17 , especially for DKI Jakarta cricket players. **Conclusion:** There is no relationship between hamstring flexibility and running speed, especially for Rawamangun cricket players, East Jakarta.

Keywords: Hamstring Flexibility, Running Speed, Cricket