

## DAFTAR ISI

<b>LEMBAR PERSETUJUAN SIDANG SKRIPSI</b>	<b>Error! Bookmark not defined.</b>
<b>ABSTRAK</b> .....	<b>Error! Bookmark not defined.</b>
<b>ABSTRACT</b> .....	<b>Error! Bookmark not defined.</b>
<b>KATA PENGANTAR</b> .....	<b>Error! Bookmark not defined.</b>
<b>DAFTAR ISI</b> .....	47
<b>DAFTAR GAMBAR</b> .....	49
<b>DAFTAR TABEL</b> .....	50
<b>DAFTAR SKEMA</b> .....	51
<b>DAFTAR SINGKATAN</b> .....	52
<b>BAB I PENDAHULUAN</b> .....	<b>Error! Bookmark not defined.</b>
A. Latar Belakang.....	<b>Error! Bookmark not defined.</b>
B. Identifikasi Masalah.....	<b>Error! Bookmark not defined.</b>
C. Rumusan Masalah.....	<b>Error! Bookmark not defined.</b>
D. Tujuan Penelitian .....	<b>Error! Bookmark not defined.</b>
E. Manfaat Penelitian .....	<b>Error! Bookmark not defined.</b>
<b>BAB II KERANGKA TEORI DAN HIPOTESIS</b>	<b>Error! Bookmark not defined.</b>
<b>defined.</b>	
A. Deskripsi Teori .....	<b>Error! Bookmark not defined.</b>
1. Olahraga <i>Cricket</i> .....	<b>Error! Bookmark not defined.</b>
2. Kecepatan Berlari .....	<b>Error! Bookmark not defined.</b>
3. Fleksibilitas Otot <i>Hamstring</i> .....	<b>Error! Bookmark not defined.</b>
4. Hubungan Fleksibilitas <i>Hamstring</i> Dengan Kecepatan Berlari Pada Pemain <i>Cricket</i> .....	<b>Error! Bookmark not defined.</b>
B. Kerangka Berpikir .....	<b>Error! Bookmark not defined.</b>
C. Kerangka Konsep .....	<b>Error! Bookmark not defined.</b>
D. Hipotesis.....	<b>Error! Bookmark not defined.</b>
<b>BAB III METODOLOGI PENELITIAN</b> .....	<b>Error! Bookmark not defined.</b>
A. Tempat dan Waktu Penelitian .....	<b>Error! Bookmark not defined.</b>
1. Tempat Penelitian .....	<b>Error! Bookmark not defined.</b>
2. Waktu Penelitian.....	<b>Error! Bookmark not defined.</b>

B. Metode Penelitian .....	<b>Error! Bookmark not defined.</b>
1. Pendekatan Penelitian .....	<b>Error! Bookmark not defined.</b>
2. Jenis Penelitian .....	<b>Error! Bookmark not defined.</b>
3. Desain Penelitian .....	<b>Error! Bookmark not defined.</b>
C. Populasi dan Sampel Penelitian.....	<b>Error! Bookmark not defined.</b>
1. Populasi Penelitian.....	<b>Error! Bookmark not defined.</b>
2. Sampel Penelitian .....	<b>Error! Bookmark not defined.</b>
3. Kriteria Sampel.....	<b>Error! Bookmark not defined.</b>
D. Instrumen Penelitian .....	<b>Error! Bookmark not defined.</b>
1. Variabel Penelitian.....	<b>Error! Bookmark not defined.</b>
2. Definisi Konseptual .....	<b>Error! Bookmark not defined.</b>
3. Definisi Operasional .....	<b>Error! Bookmark not defined.</b>
E. Teknik Analisis Data .....	<b>Error! Bookmark not defined.</b>
1. Uji Normalitas .....	<b>Error! Bookmark not defined.</b>
2. Uji Hipotesis.....	<b>Error! Bookmark not defined.</b>
<b>BAB IV HASIL PENELITIAN .....</b>	<b>Error! Bookmark not defined.</b>
A. Deskripsi Data .....	<b>Error! Bookmark not defined.</b>
1. Karakteristik Sampel Penelitian .....	<b>Error! Bookmark not defined.</b>
2. Hasil Pengukuran Variabel Penelitian ....	<b>Error! Bookmark not defined.</b>
B. Uji Prasyarat (Normalitas) .....	<b>Error! Bookmark not defined.</b>
C. Pengujian Hipotesis .....	<b>Error! Bookmark not defined.</b>
<b>BAB V PEMBAHASAN .....</b>	<b>Error! Bookmark not defined.</b>
A. Pembahasan Hasil Penelitian.....	<b>Error! Bookmark not defined.</b>
B. Keterbatasan Penelitian.....	<b>Error! Bookmark not defined.</b>
<b>BAB VI PENUTUP .....</b>	<b>Error! Bookmark not defined.</b>
A. Kesimpulan.....	<b>Error! Bookmark not defined.</b>
B. Saran .....	<b>Error! Bookmark not defined.</b>
<b>DAFTAR PUSTAKA .....</b>	<b>Error! Bookmark not defined.</b>
<b>LAMPIRAN .....</b>	<b>Error! Bookmark not defined.</b>

## DAFTAR GAMBAR

Gambar 2.1 Struktur Anatomi Otot <i>Hamstring</i> .....	16
Gambar 2.2 Boks <i>Sit and Reach Test</i> .....	22

## DAFTAR TABEL

Tabel 3.1 Data Normatif <i>Sit and Reach Test</i> .....	32
Tabel 3.2 Normative <i>20 Meter Dash Sprint Test</i> .....	34
Tabel 3.3 Panduan Interpretasi Uji Hipotesis Korelatif .....	35
Tabel 4.1 Distribusi Berdasarkan Usia .....	37
Tabel 4.2 Distribusi Berdasarkan Tinggi Badan .....	37
Tabel 4.3 Distribusi Berdasarkan Berat Badan .....	38
Tabel 4.4 Distribusi Berdasarkan IMT .....	38
Tabel 4.5 Hasil Pengukuran Variabel Penelitian.....	38
Tabel 4.6 Hasil Uji Normalitas <i>Kolmogorov-Smirnov Test</i> .....	39
Tabel 4.7 Hasil Uji <i>Pearson product moment</i> .....	40

## DAFTAR SKEMA

Skema 2.1 Kerangka Berpikir .....	26
Skema 2.2 Kerangka Konsep .....	27
Skema 3.1 Desain Penelitian.....	29

## DAFTAR SINGKATAN

ACL	=	<i>Anterior Cruciatum Ligament</i>
BSSR	=	<i>Back Saver Sit and Reach</i>
DKI	=	Daerah Khusus Ibukota
GTO	=	Golgi Tendon Organ
IMT	=	Indeks Masa Tubuh
KBBI	=	Kamus Besar Bahasa Indonesia
LCL	=	<i>Lateral Collateral Ligament</i>
MCL	=	<i>Medial Collateral Ligament</i>
PCL	=	<i>Posterior Cruciatum Ligament</i>
PMK	=	Peraturan Menteri Kesehatan
PON	=	Pekan Olahraga Nasional
ROM	=	<i>Range of Motion</i>
SD	=	Standar Deviasi
SRT	=	<i>Sit and Reach Test</i>
SPSS	=	<i>Statistical Product and Service Solution</i>
UU	=	Undang-Undang