

## ABSTRAK



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### **HUBUNGAN FLEKSIBILITAS HAMSTRING DENGAN KECEPATAN MENENDANG PADA PEMAIN SEPAK BOLA DI SSB SERANG PRATAMA, BANTEN**

Terdiri dari VI Bab, 65 Halaman, 7 Tabel, 2 Grafik, 8 Gambar, 3 Skema, 7 Lampiran

**Tujuan:** Mengetahui hubungan fleksibilitas hamstring dengan kecepatan menendang bola pada pemain sepak bola yang berusia 15-19 tahun. **Metode:** penelitian ini bersifat deskriptif kuantitatif dengan tipe studi korelasi. Sampel dipilih menggunakan teknik purposive sampling. Sampel terdiri dari 30 orang pemain sepak bola di SSB Serang Pratama, Banten, dimana fleksibilitas hamstring diukur menggunakan *sit and reach test* (SRT) dan tes kecepatan menendang diukur menggunakan stopwatch dengan 3 kali menendang bola sejauh 5 meter ke arah gawang. **Hasil:** Uji normalitas dengan Shapiro wilk test didapatkan data berdistribusi normal. Hasil uji hipotesis dengan uji korelasi *pearson* di dapatkan nilai  $p=0,017$  yang artinya terdapat korelasi yang positif antara fleksibilitas hamstring dan kecepatan menendang bola dengan kekuatan korelasi ( $r=-0,434$ ), yang artinya terdapat korelasi yang sedang antara fleksibilitas hamstring dengan kecepatan menendang, dimana semakin tinggi skor nilai fleksibilitas hamstring maka akan semakin rendah nilai kecepatan menendang bola. **Kesimpulan:** Terdapat hubungan yang signifikan antara fleksibilitas otot hamstring dengan kecepatan menendang bola pada pemain sepak bola khususnya pemain bola SSB Serang Pratama, Banten.

**Kata Kunci:** Fleksibilitas *hamstring*, Kecepatan Menendang, *Sit and Reach Test*, Sepak bola

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### THE RELATIONSHIP OF HAMSTRING FLEXIBILITY WITH KICKING SPEED IN FOOTBALL PLAYERS AT SSB SERANG PRATAMA, BANTEN

Consists of VI Chapters, 65 Pages, 7 Tables, 2 Graphs, 8 Figures, 3 Schematics, 7 Appendices

**Objective:** To determine the relationship between hamstring flexibility and kicking speed in soccer players aged 15-19 years. **Methods:** this research is descriptive quantitative with the type of correlation study. The sample was selected using purposive sampling technique. The sample consisted of 30 soccer players at SSB Serang Pratama, Banten, where hamstring flexibility was measured using the sit and reach test (SRT) and the kicking speed test was measured using a stopwatch with 3 repetition of kicking the ball as far as 5 meters towards the goal. **Result:** Normality test with Shapiro Wilk test obtained data with normal distribution. The results of the hypothesis test with the Pearson correlation test obtained a p value = 0.017, which means that there is a positive correlation between hamstring flexibility and kicking speed with a correlation strength ( $r$ ) = -0.434, which means that there is a moderate correlation between hamstring flexibility and kicking speed, where the higher the score of the hamstring flexibility value, the lower the ball kicking speed value. **Conclusion:** There is a significant relationship between the flexibility of the hamstring muscles and the speed of kicking the ball in soccer players, especially soccer players at SSB Serang Pratama, Banten.

**Keywords:** Hamstring Flexibility, Kicking Speed, Sit and Reach Test, Soccer