



## ABSTRAK

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### **PENGARUH PENAMBAHAN LATIHAN *CORE STABILITY* TERHADAP LATIHAN LARI INTERVAL PADA PEMAIN SEPAK BOLA EXTREME FC PASCA CEDERA SPRAIN ANKLE KRONIS UNTUK MENINGKATKAN KECEPATAN LARI**

Terdiri dari VI Bab, 87 Halaman, 12 Tabel, 12 Gambar, 8 Grafik, 4 Skema, lampiran

**Tujuan :** penelitian ini bertujuan untuk mengetahui pengaruh penambahan latihan *core stability* terhadap latihan lari interval pada pemain sepak bola Extreme FC pasca cedera sprain ankle kronis untuk meningkatkan kecepatan lari. Penelitian ini dilaksanakan disekitar lapangan sepak bola Bukit Tiara Cikupa, pada tanggal 5 Maret sampai tanggal 13 April 2018.

**Metode :** penelitian ini bersifat quasi eksperimen dan menggunakan teknik *purposive sampling*. Terdiri dari 20 sampel yang dibagi menjadi dua kelompok dimana masing-masing kelompok terdiri atas 10 orang. Kelompok perlakuan I diberikan latihan lari interval dan kelompok perlakuan II diberikan penambahan *core stability exercise* terhadap latihan lari interval. **Hasil :** uji normalitas *Shapiro wilk-test* dengan  $p\text{-value} > \alpha(0,05)$  berarti data normal, uji homogenitas *levene's test* dengan  $p\text{-value} > \alpha(0,05)$  berarti data homogen, uji *independent t-test* dengan selisih nilai akhir pada kelompok perlakuan I dan kelompok perlakuan II menunjukkan perbedaan efek yang signifikan pada kedua kelompok, yaitu nilai  $p = 0,027$  ( $p < \alpha(0,05)$ ), dapat disimpulkan bahwa terdapat perbedaan yang signifikan pada pemberian latihan *core stability* terhadap latihan lari interval untuk meningkatkan kecepatan berlari pemain sepak bola Extreme FC pasca cedera sprain ankle kronis.

**Kata Kunci :** *Core Stability*, Lari Interval, Kecepatan Lari, Sepak Bola.



## ABSTRACT

SKRIPSI, AUGUST 2018

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### **INFLUENCE OF ADDITIONAL EXERCISE *CORE STABILITY* ON INTERVAL RUN TRAINING ON EXTREME FOOTBALL FOOTBALLER FC POST CHRONIC SPRAIN INJURY TO IMPROVE RUN SPEED CONSTRUCTION**

Consists of VI Chapters, 87 Pages , 12 Tables, 12 Images, 8 Graphs, 4 Schemes, Attachments

**Objective:** This study aims to determine the effect of adding *core stability* training to interval running exercises on Extreme FC soccer players after chronic ankle sprain injury to increase running speed. This research was carried out around the Bukit Tiara Cikupa soccer field, on March 5 to April 13, 2018. **Method:** this research was quasi-experimental and used *purposive sampling technique*. Consists of 20 samples which are divided into two groups where each group consists of 10 people. The treatment group I was given interval training exercises and treatment group II was given the addition of *core stability exercise* against interval running exercises. **Results:** normality test *Shapiro-wilk-test* with p-value  $> \alpha (0.05)$  means normal data, homogeneity *Levene's test* with p-value  $> \alpha (0.05)$  means homogeneous data, *independent t-test* with value difference the end of treatment group I and treatment group II showed a significant difference in the effects of the two groups, namely  $t = 0.027 (t < t(0.05))$ , it can be concluded that there is a significant difference in the provision of *core stability* training for running interval training to improve speed ran Extreme FC soccer player after chronic ankle sprain injury.

**Keywords :** *Core Stability*, Running Interval, Running Speed, Soccer.