

ABSTRAK



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PERBEDAAN LATIHAN *BALLISTIC STRETCHING* DAN LATIHAN *NORDIC HAMSTRING* TERHADAP PENINGKATAN EKSTENSIBILITAS *HAMSTRING* ATLET *TAEKWONDO* PADA KASUS *HAMSTRING MUSCLE TIGHTNESS*

Terdiri dari VI bab, 79 Halaman, 14 Tabel, 8 Gambar, 4 Skema, 12 Lampiran

Tujuan : Untuk mengetahui efektivitas pemberian perbedaan intervensi *ballistic stretching* dan latihan *nordic hamstring* terhadap peningkatan ekstensibilitas *hamstring* pada atlet *taekwondo* dengan *hamstring muscle tightness*. **Metode** : Merupakan penelitian *quasi experiment* dengan *pre-test* dan *post-test*. Total sampel dalam penelitian ini berjumlah 16 orang. Sampel dikelompokkan menjadi 2 kelompok, pada setiap kelompok berjumlah 8 orang. **Hasil** : Uji normalitas didapatkan data berdistribusi normal, sedangkan pada uji homogenitas didapatkan data homogen. Pada uji hipotesis I dan II didapatkan hasil $p\text{-value} = 0,000 < \alpha (0,05)$. Hal ini menunjukkan bahwa pemberian intervensi pada kelompok I dan II dapat meningkatkan ekstensibilitas. Selanjutnya, pada uji hipotesis III diperoleh nilai $p\text{-value} = 0,111$, dimana tidak terdapat perbedaan yang signifikan antara kelompok I dan II. **Kesimpulan** : pemberian intervensi *ballistic stretching* dan latihan *nordic hamstring* sama baik dalam meningkatkan ekstensibilitas *hamstring* pada kasus *tightness hamstring*.

Kata Kunci : *Ballistic Stretching, Nordic Hamstring Exercise, Sit And Reach, Hamstring Muscle Tightness*.

ABSTRACT



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THE DIFFERENCE OF BALLISTIC STRETCHING EXERCISE AND NORDIC HAMSTRING EXERCISE ON INCREASING TAEKWONDO ATHLETE'S HAMSTRING EXTENSIBILITY IN HAMSTRING MUSCLE TIGHTNESS CASE

Contains VI Chapters, 79 Pages, 14 Tabels, 4 Schemes, 12 Attachments

Objective: *The aim of the study is to find out the difference of ballistic stretching exercise and nordic hamstring exercise on increasing hamstring extensibility for taekwondo athlete with hamstring muscle tightness. **Methods:** This study is quasi experiment with pre-test and post-test. There are 16 total samples on this study. Whole sample divided in two group which is become 8 samples for each groups. **Result:** Normality test show that data distributed normally, meanwhile on homogeneity test show the data is homogen. On hypothesis I and II show the P-value=0,000<a (0,05). It means that the exercise that given to each group could increase the extensibility. On hypothesis III show the P-Value=0,111 which means there is no significant difference between group I and II. **Conclusion:** The application of ballistic stretching and Nordic hamstring exercise are good on increasing hamstring extensibility in hamstring tightness.*

Keywords: *Ballistic Stretching, Nordic Hamstring Exercise, Sit And Reach, Hamstring Muscle Tightness.*