

HUBUNGAN TIGHTNESS HAMSTRING DAN ILLIOTIBIAL BAND TERHADAP LUAS GERAK HIP JOINT DAN KUALITAS GERAK FUNGSIONAL PADA PEMAIN FUTSAL DI UKM UNIVERSITAS ESA UNGGUL

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ABSTRAK

Tujuan: Untuk mempelajari hubungan *Tightness hamstring* dan *Illiotalibial band* (ITB) terhadap luas gerak *hip joint* dan kualitas gerak fungsional pada pemain futsal di UKM Universitas Esa Unggul. **Metode:** Penelitian deskriptif dengan tipe studi korelasi, menggunakan desain sampel *purposive*. Total sampel n=30 orang pemain futsal laki-laki, *tightness hamstring* diukur dengan *Active Knee Extension* (AKE) test, *tightness ITB* diukur menggunakan *obers test*, lingkup gerak sendi (LGS) *hip* diukur menggunakan goniometer dan kualitas gerak fungsional diukur menggunakan *Functional Movement Screen* (FMS). **Hasil:** Uji hipotesis dengan *Spearman Rank Correlation Coefficient*. Uji hipotesis *tightness hamstring* terhadap LGS *hip* fleksi kanan dan kiri p=0,001 dan ekstensi kanan dan kiri p=0,001, uji hipotesis *tightness ITB* terhadap LGS *hip* internal rotasi kanan p=0,009 dan kiri p=0,035 menunjukkan ada hubungan *tightness hamstring* dan ITB terhadap LGS *hip* pada pemain futsal. Uji hipotesis *tightness hamstring* terhadap FMS kanan p=0,001 dan kiri p=0,019 menunjukkan ada hubungan *tightness hamstring* terhadap kualitas gerak fungsional, uji hipotesis *tightness ITB* terhadap FMS kanan p=0,044 dan kiri p=0,044 menunjukkan ada hubungan *tightness hamstring* dan ITB terhadap kualitas gerak fungsional. **Kesimpulan:** Ada hubungan *tightness hamstring* dan ITB terhadap LGS *hip* dan kualitas gerak fungsional pada pemain futsal di UKM Universitas Esa Unggul.

Kata kunci: *Tightness hamstring*, *Illiotalibial band*, Luas gerak *hip joint*, Kualitas gerak fungsional

ABSTRACT

Objective: Study correlation of *tightness hamstring* and *illiotibial band* (ITB) to range of motion *hip joint* and functional motion quality on futsal players at UKM Indonesia. **Methods:** Descriptive research with correlation study type, using *purposive* sampling design. Total sample n=30 male futsal players, *hamstring tightness* measured by *Active Knee Extension* (AKE) test, *ITB tightness* measured by *obers test*, range of motion (ROM) *hip joint* measured by goniometer and functional motion quality measured by *Functional Movement Screen* (FMS). **Results:** Hypothesis test with *Spearman Rank Correlation Coefficient*. Hypothesis test of *tightness hamstring* to ROM *hip joint* right and left flexion p=0.001 and right and left extension p=0.001, hypothesis test of *tightness ITB* to LGS *hip joint* right p=0.009 and left p=0.035 internal rotation showed there is correlation of *tightness hamstring* and ITB to ROM *hip joint* on futsal players. Hypothesis test of *tightness hamstring* to right p=0.001 and left p=0.019 FMS showed there is correlation of *tightness hamstring* and functional motion quality, hypothesis test of *tightness ITB* to right p=0.044 and left p=0.044 FMS showed there is correlation of *tightness hamstring* and ITB to functional motion quality. **Conclusion:** There is correlation of *tightness hamstring* and ITB to ROM *hip joint* and functional motion quality on futsal players at UKM Indonesia. **Keywords:** *Tightness hamstring*, *Illiotalibial band*, Range of motion *hip joint*, Functional motion quality