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## **HUBUNGAN DAYA LEDAK DENGAN KECEPATAN REAKSI PADA PEMAIN FUTSAL**

Terdiri dari VI Bab, 97 Halaman, 19 Gambar, 6 Tabel, 3 Skema, 6 Grafik, 9 Lampiran

**Tujuan:** Untuk mengetahui hubungan daya ledak dengan kecepatan reaksi pada pemain futsal. **Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan bentuk penelitian korelasional. Sebanyak tiga puluh pemain futsal profesional (usia  $25,8 \pm 5,75$  tahun, tinggi badan  $172,9 \pm 6,03$  cm, berat badan  $71,43 \pm 8,45$ , IMT  $23,68 \pm 2,69$  kg/m<sup>2</sup>; mean $\pm$ SD), berpartisipasi dalam penelitian ini. Daya ledak otot tungkai dan kecepatan reaksi masing-masing subjek diukur dengan *Standing Broad Jump* dan *Nelson Foot Reaction Time Test*. **Hasil:** Terdapat peningkatan yang signifikan antara daya ledak dengan kecepatan reaksi ( $p < 0,05$ ) dengan nilai  $r = 0,404$  yang berarti terdapat korelasi sedang terhadap daya ledak ( $278,4 \pm 33,81$  cm) dan untuk kecepatan reaksi ( $0,16 \pm 0,01$  s). **Kesimpulan:** Terdapat hubungan yang signifikan antara daya ledak dengan kecepatan reaksi pada subjek.

**Kata Kunci:** daya ledak, kecepatan reaksi, pemain futsal, *Standing Broad Jump*, *Nelson Foot Reaction Time Test*



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**THE RELATIONSHIP BETWEEN EXPLOSIVE POWER AND REACTION SPEED IN FUTSAL PLAYERS**

*Consist of VI chapter, 97 pages, 19 figures, 6 tables, 3 schemes, 6 graphics, 9 attachments*

**Purpose:** *To examine the relationship between explosive power and reaction speed in futsal players. **Methods:** This research is a quantitative descriptive study in the form of a correlation study. A total of thirty professional futsal players (age  $25,8 \pm 5,75$  years, height  $172,9 \pm 6,03$  cm, weight  $71,43 \pm 8,45$ , IMT  $23,68 \pm 2,69$  kg/m<sup>2</sup>; mean  $\pm$  SD), participated in the study. Each subject's explosive power of the leg muscles and reaction speed measured with Standing Broad Jump and Nelson Foot Reaction Time Test. **Results:** Significant enhancement between explosive power and reaction speed ( $p < 0,05$ ) were served, with a value of  $r = 0,404$ , which means that there was a moderate correlation strength for explosive power ( $278,4 \pm 33,81$  cm) and for reaction speed ( $0,16 \pm 0,01$  s). **Conclusion:** There were a significant relationship between explosive power and reaction speed in the subjects.*

**Keywords:** *explosive power, reaction speed, futsal players, Standing Broad Jump, Nelson Foot Reaction Time Test*