

ABSTRAK



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Rila Putri Yanti

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

HUBUNGAN FLEKSIBILITAS HAMSTRING DENGAN BROAD JUMP PADA PEMAIN FUTSAL

Terdiri dari VI BAB, 60 Halaman, 5 Tabel, 5 Gambar, 3 Skema, 8 Lampiran

Tujuan: Untuk mengetahui hubungan *fleksibilitas hamstring* dengan *broad jump* pada pemain futsal **Metode:** Penelitian ini merupakan penelitian deskriptif analitik berupa studi korelasi untuk menganalisis hubungan *fleksibilitas hamstring* dengan *broad jump*. Total sampel berjumlah 33 orang dengan rentang usia 20-29 tahun yang merupakan pemain futsal dari tim futsal kebun jeruk wilayah Jakarta barat. Data *fleksibilitas hamstring* diukur dengan *sit and reach test* sedangkan *broad jump* diukur menggunakan meteran untuk *standing long jump test*. **Hasil:** Uji korelasi menggunakan *Pearson Product Moment* didapatkan nilai signifikan dengan $p < 0,001$ yang dimana $p < \alpha (0,05)$ dengan nilai $r=0,535$. Rata-rata dan standar deviasi fleksibilitas hamstring dengan pengukuran *sit and reach test* sebesar $43,88 \pm 7,449$ dan Broad dengan pengukuran *standing long jump test* menggunakan meteran sebesar $226,97 \pm 23,790$ khususnya pada pemain tim futsal kebun jeruk. **Kesimpulan:** Terdapat hubungan yang signifikan *fleksibilitas hamstring* dengan *broad jump* pada pemain futsal.

Kata Kunci: Fleksibilitas Hamstring, Broad Jump, Sit and Reach Test, Standing Long Jump Test.

ABSTRACT



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Rila Putri Yanti

S-1 Program of Physiotherapy Study

Faculty of Physiotherapy

Esa Unggul University

THE RELATIONSHIP OF HAMSTRING FLEXIBILITY WITH BROAD JUMP IN FUTSAL PLAYERS

Consists of VI CHAPTER, 60 Pages, 5 Tables, 5 Figures, 3 Schematics, 8 Appendices

Objective: To determine the relationship between hamstring flexibility and broad jump in futsal players. **Method:** This research is a descriptive analytical study in the form of a correlation study to analyze the relationship between hamstring flexibility and broad jump. The total sample is 33 people with an age range of 20-29 years who are futsal players from the citrus orchard futsal team in the west Jakarta area. Hamstring flexibility data was measured using the sit and reach test, while the broad jump was measured using a meter for the standing long jump test. **Results:** Correlation test using Pearson Product Moment obtained a significant value with $p < 0.001$ where $p < \text{value} (0.05)$ with a value of $r = 0.535$. The average and standard deviation of hamstring flexibility with sit and reach test measurements is 43.88 ± 7.449 and Broad with standing long jump test measurements using a meter is $226.97 \pm 23,790$, especially for the players of the Kebon Jeruk futsal team. **Conclusion:** There is a significant relationship between hamstring flexibility and broad jump in futsal players.

Keywords: Hamstring Flexibility, Broad Jump, Sit and Reach Test, Standing Long Jump Test