ABSTRAK

SKRIPSI, Agustus 2023
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HUBUNGAN MOBILITAS ANKLE TERHADAP AGILITY PADA PEMAIN BULUTANGKIS
Terdiri dari VI Bab, 68 Halaman, 16 Tabel, 7 Gambar, 3 Skema, 7 Lampiran

Tujuan: Mengetahui hubungan mobilitas *Ankle* terhadap *agility* pada pemain bulutangkis
Metode: Penelitian ini merupakan penelitian non eksperimental berupa studi korelasi untuk menganalisis hubungan mobilitas *ankle* terhadap *agility* pada pemain bulutangkis. Alat ukur yang digunakan adalah *goniometer* untuk mobilitas *ankle* dan *T-Test Agility* untuk *Agility*.
Hasil: uji hipotesis menggunakan *Spearman-rank correlation* menunjukan terdapat hubungan antara mobilitas ankle dengan agility ($p < 0,05$) dengan kekuatan korelasi mobilitas ankle (dorsal, inversi, inversi, eversi) sebesar -0,451*, -0,609**, -0,445*, -0,488** artinya, tingkat hubungan antara mobilitas ankle dengan agility adalah sebesar -0,451, -0,609, -0,445, -0,488 terhadap agility. Tanda bintang (**) artinya korelasi bernilai signifikan sebesar 0,01, Tanda bintang (*) artinya korelasi bernilai signifikan sebesar 0,05. Angka koefisiensi korelasi pada hasil semua gerakaan adalah negatif, sehingga mobilitas ankle dengan agility bersifat tidak searah, dimana semakin besar nilai mobilitas ankle maka semakin singkat waktu tempuh agility khususnya pada pemain bulutangkis. **Kesimpulan:** Terdapat hubungan antara Mobilitas ankle terhadap *Agility* pada pemain bulutangkis.

Kata Kunci: *mobilitas ankle, agility*, *goniometer*, *t-test agility, bulutangkis*

ABSTRAK

UNDERGRADUATE THESIS, August 2023
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RELATIONSHIP BETWEEN ANKLE MOBILITY AND AGILITY IN BADMINTON PLAYERS
Consists of VI Chapter, 68 Pages, 16 Tables, 7 Figures, 3 Schematics, 7Attachments

Objective: Knowing the relationship between ankle mobility and agility in badminton players
Method: This research is a non-experimental research in the form of a correlation study to analyze the relationship between ankle mobility and agility in badminton players. The measuring tools used are a goniometer for ankle mobility and an Agility T-Test for Agility.
Results: hypothesis testing using the Spearman-rank correlation showed that there was a relationship between ankle mobility and agility ($p < 0.05$) with a correlation strength of ankle mobility (dorsal, inversion, inversion, eversion) of -0.451*, -0.609**, -0.445*, -0.488** means that the relationship between ankle mobility and agility is -0.451, -0.609, -0.445, -0.488 for agility. An asterisk (**) means a significant correlation of 0.01, an asterisk (*) means a significant correlation of 0.05. The correlation coefficient figure for the results of all movements is negative, so ankle mobility and agility are not unidirectional, where the greater the ankle mobility value, the shorter the agility travel time, especially for badminton players.
Conclusion: There is a relationship between ankle mobility and agility in badminton players.
Keywords: ankle mobility, agility, goniometer, agility t-test, badminton