ABSTRAK

SKRIPSI, Agustus 2022
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HUBUNGAN MOBILITAS *ANKLE* DENGAN PERFORMA *VERTICAL JUMP* PADA PEMAIN BASKET

Terdiri dari VI Bab, 79 Halaman, 15 Gambar, 12 Tabel, 3 Skema, 1 Grafik, 8 Lampiran

Tujuan: Untuk mengetahui hubungan hubungan mobilitas *ankle* dengan performa *vertical jump* pada pemain basket. **Metode:** Penelitian ini menerapkan pendekatan kuantitatif dengan jenis penelitian deskriptif tipe studi korelasi. Sampel penelitian ini berupa seluruh anggota Klub Basket Cakra Sakti yang di pilih secara *purposive sampling* dengan jumlah 30 responden. Penelitian ini memiliki data hasil pengukuran mobilitas *ankle* yang diukur dengan menggunakan goniometer dan hasil pengukuran performa *vertical jump* yang diukur dengan *countermovement jump test* (CMJ). **Hasil:** Hasil uji normalitas dengan *Kolmogorov-Smirnov* didapatkan data berdistribusi tidak normal. Hasil uji hipotesis dengan uji korelasi *Spearman-Rank Correlation Coefficient* didapatkan nilai p = 0,25 pada hubungan performa *vertical jump* dengan mobilitas *ankle* kanan dan nilai p = 0,54 pada hubungan performa *vertical jump* dengan mobilitas *ankle* kiri. Dengan nilai kekuatan korelasi lemah dan sangat lemah. Dengan nilai Mean±SD 61,55±11,55 pada mobilitas *ankle* kanan dan nilai Mean±SD 61,14±12,16 pada *ankle* kiri, lalu diikuti dengan nilai Mean ± SD 38,39±14,46 pada performa *vertical jump*. **Kesimpulan:** Tidak terdapat hubungan antara mobilitas *ankle* dengan tinggi lompatan pada pemain basket.

Kata Kunci: *Mobilitas ankle, Performa vertical jump, Goniometer, Countermovement jump (CMJ) test.*

ABSTRACT

THE RELATIONSHIP BETWEEN ANKLE MOBILITY AND VERTICAL JUMP PERFORMANCE IN BASKETBALL PLAYER

Consists of VI Chapters, 79 Pages, 15 Pictures, 12 Tables, 3 Schemes, 1 Graphics, 8 Attachments

*Purpose: This study aimed to examine the relationship between ankle mobility and vertical jump performance in basketball player. **Methods**: This research applied a quantitative approach with a descriptive type of correlation study. The sample of this study was a basketball player in Cakra Sakti Basketball Club DFU who was selected by purposive sampling with a total of 30 respondents. This study has data on the results of the measurement of ankle mobility as measured by goniometer and the result of vertical jump measurement as measured by countermovement jump (CMJ) test. **Results**: The results of normality test with Kolmogorov-Smirnov test obtained that data had not normally distributed. The results of hypothesis testing with Spearman-Rank Correlation Coefficient obtained p value = 0.25 in relation between right ankle mobility and vertical jump, p = 0,54 in relation between left ankle mobility and vertical jump with a poor and low correlation strength value. With a Mean±SD value of 61,55±11,55 on the right ankle mobility, Mean±SD value of 61,14±12,16 on the left ankle mobility, and Mean±SD value of 38,39±14,46 on the vertical jump performance. **Conclusion**: There is no Relationship between Ankle Mobility and Vertical Jump Performance in basketball player.*

Keywords: Ankle mobility, Vertical jump performance, goniometer, countermovementjump (CMJ) test.