ABSTRAK

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HUBUNGAN *FLEKSIBILITAS CALF MUSCLE* TERHADAP *STABILITAS ANKLE* PADA PEMAIN BASKET.

Terdiri dari VI Bab, 79 Halaman, 10 Gambar, 14 Tabel, 3 Skema, 8 Lampiran

Tujuan: Untuk mengetahui hubungan fleksibilitas calf muscle terhadap stabilitas ankle pada pemain basket. **Metode:** Penelitian ini merupakan penelitian deskriptif analitik berupa studi korelasi untuk menganalisis hubungan fleksibilitas calf muscle dengan stabilitas ankle. Total jumlah sampel adalah 30 orang dengan rentang usia 20-30 tahun di anggota klub basket flamingos. Data fleksibilitas calf muscle diukur dengan menggunakan Y balance test (kanan dan kiri) dan stabilitas ankle diukur dengan menggunakan One leg stance (mata terbuka dan mata tertutup). **Hasil:** Hasil uji normalitas pada Y balance test (kanan) 76,40±11,62 (Mean±SD), Y balance test (kiri) dengan nilai 76,46±10,55 (Mean±SD), One Leg stance (open) dengan nilai 36,30±16,59 (Mean±SD) , dan One leg stance (close) dengan nilai 20,32±15,68 (Mean±SD) dengan keterangan data berdistribusi normal. Sedangkan uji homogenitas didapatkan data memiliki varian yang tidak homogen. **Kesimpulan:** Tidak terdapat hubungan antara fleksibilitas calf muslce dengan stabilitas ankle.

Kata Kunci: Fleksibilitas calf musle, stabilitas ankle, basket.

ABSTRACT

Undergraduate Thesis, August 2022
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THE RELATIONSHIP BETWEEN CALF MUSCLE FLEXIBILITY AND ANKLE STABILITY IN BASKETBALL PLAYERS

Consists of VI Chapters, 79 Pages, 10 Pictures, 14 Tables, 3 Schemes, 8 Attachments

Objective: To determine the relationship between calf muscle flexibility and ankle stability in basketball players. **Methods:** This research is a descriptive analytical research in the form of a correlation study to analyze the relationship between calf muscle flexibility and ankle stability. The total number of samples was 30 people with an age range of 20-30 years who were members of the Flamingos basketball club. Calf muscle flexibility data was measured using the Y balance test (right and left) and ankle stability was measured using One leg stance (eyes open and eyes closed). **Results:** Normality test results on the Y balance test (right) 76.40 ± 11.62 (Mean ± SD), Y balance test (left) with a value of 76.46 ± 10.55 (Mean ± SD), One Leg stance (open) with a value of 36.30 ± 16.59 (Mean ± SD), and One leg stance (close) with a value of 20.32 ± 15.68 (Mean ± SD) with information that the data is normally distributed. Meanwhile, the homogeneity test showed that the data had non-homogeneous variants. **Conclusion:** There is no relationship between calf muscle flexibility and ankle stability**.**

Keywords*:* Calf Muscle Flexibility, Stability Ankle, Basketball.