

ABSTRAK



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HUBUNGAN FLEKSIBILITAS CALF MUSCLE DENGAN MOBILITAS ANKLE PADA PELARI JARAK JAUH

Terdiri dari VI bab , 70 Halaman, 6 tabel, 11 gambar, 3 skema, 9 lampiran

Tujuan: Untuk mengetahui hubungan fleksibilitas *calf muscle* dengan mobilitas *ankle* pada pelari jarak jauh di Stadion Gagak Batalyon Arhanud 10/ABC. **Metode:** Penelitian ini bersifat deskriptif dengan tipe studi korelasi yang dilakukan untuk menentukan hubungan keterkaitan antara 2 variabel. Total sampel sebanyak 50 orang yang dipilih menggunakan teknik *purposive sampling* dengan rentang usia sampel 20 – 26 tahun, sampel dalam keadaan sehat serta tidak memiliki cedera pada saat dilakukan penelitian. Data fleksibilitas *calf muscle* diukur menggunakan *knee to wall test* dan mobilitas *ankle* diukur menggunakan *goniometer*. **Hasil:** Terdapat hubungan yang signifikan antara fleksibilitas *calf muscle* dengan mobilitas *ankle* ($p < 0,05$) dengan nilai korelasi yang kuat ($r = 0,797$) antara fleksibilitas *calf muscle* dengan dorsifleksi *ankle* dan korelasi yang sedang ($r = 0,488$) antara fleksibilitas *calf muscle* dengan plantar fleksi *ankle* pada pelari jarak jauh. **Kesimpulan:** Terdapat hubungan yang signifikan antara fleksibilitas *calf muscle* dengan mobilitas *ankle* dimana terdapat korelasi yang kuat pada mobilitas dorsifleksi *ankle* dan korelasi sedang antara fleksibilitas *calf muscle* dengan mobilitas plantar fleksi *ankle* pada pelari jarak jauh di Stadion Gagak Batalyon Arhanud 10/ABC Jakarta Selatan.

Kata Kunci: Fleksibilitas *Calf Muscle*, Mobilitas *Ankle*, Pelari Jarak Jauh, Dorsi Fleksi, Plantar Fleksi.

ABSTRACT



Skripsi, August 2022

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S-1 Physiotherapy Study Program

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THE RELATIONSHIP OF CALF MUSCLE FLEXIBILITY TO ANKLE MOBILITY IN LONG-DISTANCE RUNNERS

It consists of VI chapters, 70 pages, 6 tables, 11 figures, 3 schemes, 9 appendices

Purpose: To find out the relationship of calf muscle flexibility to ankle mobility in long-distance runners at the 10/ABC Arhanud Battalion Crow Stadium. **Method:** This method is descriptive with the type of correlation study carried out to determine the relationship between the 2 variables. A total sample of 50 people was selected using purposive sampling techniques with a sample age range of 20-26 years, the sample was in good health and had no injuries at the time of the study. Calf muscle flexibility data were measured using a knee to wall test and ankle mobility was measured using a goniometer. **Results:** There was a significant association between calf muscle flexibility and ankle mobility ($p < 0.05$) with a strong correlation value ($r = 0.797$) between calf muscle flexibility and ankle dorsal flexion and a moderate correlation ($r = 0.488$) between calf muscle flexibility and ankle plantar flexion in long-distance runners. **Conclusion:** There is a significant relationship between calf muscle flexibility and ankle mobility where there is a strong correlation in ankle dorsal flexion mobility and a moderate correlation between calf muscle flexibility and ankle plantar flexion mobility in long-distance runners at the Crow Stadium, Arhanud Battalion 10/ABC, South Jakarta.

Keywords: Calf Muscle Flexibility, Ankle Mobility, Long Distance Runner, Dorsal Flexion, Plantar Flexion.