

## ABSTRAK



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### **EFEK PENAMBAHAN *HIP MOBILITY EXERCISES* PADA *PLYOMETRIC TRAINING* TERHADAP *AGILITY PERFORMANCE* PADA PEMAIN SEPAK BOLA REMAJA**

Terdiri dari VI Bab, 109 Halaman, 27 Gambar, 4 Skema, 12 Tabel, 3 Diagram, 2 Grafik, 6 Lampiran.

**Tujuan:** Mengetahui perbedaan efek antara penambahan *hip mobility exercises* pada *plyometric training* dengan *plyometric training* saja terhadap *agility performance* pada pemain sepak bola remaja. **Metode:** Penelitian ini bersifat *quasi experimental* yang melibatkan 20 sampel, dan dibagi ke dalam 2 kelompok. Kelompok kontrol berisi 10 sampel, dan hanya *plyometric training*. Kelompok intervensi berisi 10 sampel dengan penambahan *hip mobility exercises* pada *plyometric training*. Nilai *agility* diukur menggunakan *agility t-test*. **Hasil:** Pada kelompok kontrol diuji dengan *paired sample t-test* didapatkan nilai sebelum  $8,73 \pm 0,40$ , dan sesudah  $8,13 \pm 0,40$ ,  $p < 0,001$  ( $p < 0,05$ ) yang berarti *plyometric training* berpengaruh dalam meningkatkan performa *agility*. Pada kelompok perlakuan diuji dengan *paired sample t-test* didapatkan nilai sebelum  $8,65 \pm 0,46$ , dan sesudah  $8,05 \pm 0,57$ ,  $p < 0,001$  ( $p < 0,05$ ) yang berarti penambahan *hip mobility exercises* pada *plyometric training* dapat meningkatkan performa *agility*. Pengaruh antara kedua kelompok diuji dengan *independent sample t-test*, didapatkan nilai  $p = 0,958$  ( $p > 0,05$ ) yang berarti tidak ada perbedaan signifikan pada performa kelincahan pemain sepak bola remaja. **Kesimpulan:** Tidak terdapat perbedaan efek yang signifikan antara penambahan *hip mobility exercises* pada *plyometric training* dan *plyometric training* saja terhadap peningkatan *agility* pada pemain sepak bola remaja.

**Kata Kunci:** sepak bola, performa *agility*, *plyometric training*, *hip mobility exercises*, *agility t-test*

## ABSTRACT



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### **THE EFFECT OF ADDING HIP MOBILITY EXERCISES IN PLYOMETRIC TRAINING ON AGILITY PERFORMANCE IN YOUTH SOCCER PLAYERS**

Consists of VI Chapters, 109 Pages, 27 Figures, 4 Schemes, 12 Tabela, 3 Diagrams, 2 Graphs, 6 Attachments.

**Objective:** To determine the difference in the effect between the addition of hip mobility exercises in plyometric training compared to plyometric training alone on agility performance in adolescent soccer players. **Methods:** This study is quasi-experimental involving 20 samples, divided into 2 groups. The control group consists of 10 samples undergoing only plyometric training. The intervention group consists of 10 samples with the addition of hip mobility exercises to plyometric training. Agility scores were measured using the agility t-test. **Results:** In the control group, tested with paired sample t-test, the values before were  $8.73 \pm 0.40$ , and after were  $8.13 \pm 0.40$ ,  $p < 0.001$  ( $p < 0.05$ ) indicating that plyometric training affects the improvement of agility performance. In the treatment group, tested with paired sample t-test, the values before were  $8.65 \pm 0.46$ , and after were  $8.05 \pm 0.57$ ,  $p < 0.001$  ( $p < 0.05$ ) indicating that adding hip mobility exercises to plyometric training can improve agility performance. The effect between the two groups was tested with independent sample t-test, yielding a p-value of 0.958 ( $p > 0.05$ ), indicating no significant difference in agility performance among adolescent soccer players. **Conclusion:** There is no significant difference in effects between adding hip mobility exercises to plyometric training and plyometric training alone in improving agility in adolescent soccer players.

**Keywords:** football player, agility performance, plyometric training, hip mobility exercises, agility t-test