

ABSTRAK



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EFEK PENAMBAHAN *HIP MOBILITY EXERCISES* PADA *PLYOMETRIC TRAINING* TERHADAP TINGGI LOMPATAN PADA PEMAIN SEPAK BOLA REMAJA

Terdiri dari VI Bab, 118 Halaman, 13 Tabel, 4 Skema, 6 Lampiran

Tujuan: Mengetahui perbedaan efek antara penambahan *hip mobility exercise* pada *plyometric training* dengan pemberian *plyometric training* saja terhadap tinggi lompatan pada pemain sepak bola remaja. **Metode:** Penelitian bersifat *quasi experimental*, melibatkan 20 sampel dimana 10 sampel kontrol diberikan *plyometric training* dan 10 sampel perlakuan diberikan *hip mobility exercise* dan *plyometric training*. Tinggi lompatan diukur menggunakan Sargent jump test. **Hasil:** Pada kelompok perlakuan, rerata sebelum adalah 46.80 ± 7.239 dan rerata sesudah adalah 54.10 ± 9.960 dengan *Paired Sample T-Test* didapatkan nilai $p = 0.001$ ($p < 0.05$) yang artinya efek dari penambahan *hip mobility exercises* pada latihan *plyometric training* dapat meningkatkan tinggi lompatan. Pada kelompok kontrol, rerata sebelum adalah 44.90 ± 5.238 dan rerata sesudah adalah 51.60 ± 6.899 dengan *Paired Sample T-Test* didapatkan nilai $p = 0.042$ ($p < 0.05$) yang artinya latihan *plyometric training* dapat meningkatkan tinggi lompatan. Pengaruh antara kedua kelompok diuji dengan *Mann Whitney Test* dan menunjukkan nilai $p = 0.855$ ($p > 0.05$) yang artinya tidak adanya perbedaan efek signifikan antara kedua kelompok terhadap tinggi lompatan. **Kesimpulan:** Tidak ada perbedaan efek signifikan dari penambahan *hip mobility exercises* pada *plyometric training* terhadap tinggi lompatan pada pemain sepakbola remaja.

Kata kunci: pemain sepak bola, latihan pliometrik, latihan mobilitas hip, tinggi lompatan, *Sargent jump test*

ABSTRACT



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**THE EFFECTS OF ADDING HIP MOBILITY EXERCISE IN
PLYOMETRIC TRAINING ON JUMP HEIGHT AMONG YOUTH
FOOTBALL PLAYERS**

Consists of VI Chaotes, 115 Pages, 13 Tables, 4 Scheme, 6 Appendices

Objective: To know the difference effect of adding hip mobility exercise on plyometric training and giving plyometric training alone on jump height of adolescent soccer players. **Method:** This quasi experimental study involved 20 samples : 10 samples with plyometric training (control group) and 10 samples with hip mobility exercise and plyometric training (experimental group). Jump height was measured using the Sargent jump test. **Results:** in experimental group, the mean before was $46.80 \pm 7,239$ and after was $54.10 \pm 9,960$. The Paired Sample T-Test obtained $p = 0.001$ ($p < 0.05$) which means that adding hip mobility exercises to plyometric training can increased jump height. In control group, the mean before was $44.90 \pm 5,238$ and the mean after was $51.60 \pm 6,899$. The Paired Sample T-Test obtained $p = 0.042$ ($p < 0.05$), which means that plyometric training can increase jump height. The effect of both groups were compared using in the Mann Whitney Test and obtained $p = 0.855$ ($p > 0.05$), which means there was no significant difference on jump height. **Conclusion:** There was no significant difference in the effects of adding hip mobility exercises to plyometric training on increasing jump height on adolescent soccer players.

Keywords: football players, plyometric training, hip mobility exercise, height jump, Sargent jump test