



## **ABSTRAK**

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### **HUBUNGAN MOBILITAS *WRIST JOINT* TERHADAP AKURASI TEKNIK *FREE THROW* PADA OLAHRAGA BASKET**

Terdiri dari VI Bab, 75 Halaman, 11 Tabel, 12 Gambar, 3 Skema, 9 Lampiran

**Tujuan:** Mengetahui hubungan mobilitas *wrist joint* terhadap akurasi teknik *free throw* pada olahraga basket. **Metode:** Penelitian ini merupakan penelitian non eksperimental berupa studi korelasi untuk menganalisis hubungan mobilitas *wrist joint* terhadap akurasi teknik *free throw* pada olahraga basket. Total sampel berjumlah 30 orang dengan rentang usia 18-24 tahun yang merupakan pemain basket dari Club SWANS Esa Unggul. Alat ukur yang digunakan adalah goniometer untuk mobilitas *wrist joint* dan *the stationary free throw shooting test* untuk akurasi teknik *free throw*. **Hasil:** uji hipotesis dengan *Spearman-rank test* menunjukkan nilai  $p=0,000$  ( $p<0,05$ ) dengan nilai  $r=0,893$  yang artinya terdapat korelasi yang positif antara mobilitas *wrist joint* dengan akurasi teknik *free throw*, dimana semakin tinggi nilai mobilitas *wrist joint* maka semakin tinggi nilai akurasi teknik *free throw* pada olahraga basket. Rata-rata dan standar deviasi mobilitas *wrist joint* sebesar  $65,30\pm 7,702$  dan pada akurasi teknik *free throw* sebesar  $7,33\pm 1,028$  pada olahraga basket, khususnya pada pemain basket di Club SWANS Esa Unggul. **Kesimpulan:** Terdapat hubungan antara mobilitas *wrist joint* dengan dengan akurasi teknik *free throw* pada olahraga basket.

**Kata Kunci:** mobilitas *wrist joint*, akurasi *shooting*, goniometer, *the stationary free throw shooting test*.



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## **THE RELATIONSHIP OF WRIST JOINT MOBILITY TO THE ACCURACY OF FREE THROW TECHNIQUES IN BASKETBALL SPORTS**

Consist of VI Chapters, 75 Pages, 11 Tables, 12 Images, 3 Schemes, 9 Appendixs

**Objective:** To relate the relationship of wrist mobility to the accuracy of the free throw technique in basketball. **Methods:** This research is a non-experimental study in the form of a correlation study to analyze the relationship between wrist mobility and the accuracy of the free throw technique in basketball. The total sample is 30 people with an age range of 18-24 years who are basketball players from Club SWANS Esa Unggul. The measuring instrument used is a goniometer for wrist joint mobility and a stationary free throw shooting test for the accuracy of the free throw technique. **Results:** hypothesis testing with Spearman-rank test showed  $p$  value = 0.000 ( $p < 0.05$ ) with  $r = 0.893$  which means that there is a positive correlation between wrist joint mobility and the accuracy of free throw technique, where the higher the value of wrist joint mobility, the higher the value of wrist joint mobility. increasing the value of the accuracy of the free throw technique in basketball. The average and standard deviation of wrist joint mobility is  $65.30 \pm 7.702$  and the accuracy of the free throw technique is  $7.33 \pm 1.028$  in basketball, especially basketball players at Club SWANS Esa Unggul. **Conclusion:** There is a relationship between wrist mobility and the accuracy of the free throw technique in basketball.

**Keywords:** wrist joint mobility, shooting accuracy, goniometer, stationary free throw test.