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Hubungan Indeks Massa Tubuh Terhadap Core Stability Pada Pemain Futsal

Terdiri dari VI Bab, 77 Halaman, 10 Tabel, 3 Skema, 10 Gambar, 8 Lampiran

Tujuan: Mengetahui hubungan indeks massa tubuh terhadap core stability pada pemain futsal yang berusia 18 – 35 tahun. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan studi korelasi. Sampel dipilih menggunakan teknik *simple random sampling*. Sampel terdiri dari 32 orang pemain futsal di lapangan My Futsal. Sampel dikelompokkan menjadi 2 kelompok yaitu kelompok core stability pada IMT normal dan kelompok core stability IMT *Overweight* dan obesitas. Alat ukur yang digunakan untuk mengukur indeks massa tubuh yaitu menggunakan rumus $IMT = \frac{\text{berat badan (kg)}}{\text{tinggi badan (m}^2\text{)}}$ dan untuk mengukur core stability menggunakan *test plank*. **Hasil:** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal. Hasil uji hipotesis menggunakan t-test independent didapatkan nilai $P\text{-value} = 0,21 > 0,05$ yang artinya tidak terdapat pengaruh antara kelompok core stability pada IMT normal dengan $\text{mean} \pm \text{SD } 21,55 \pm 1,16$ dan kelompok core stability pada IMT *Overweight* dan obesitas dengan hasil $\text{mean} \pm \text{SD } 24,70 \pm 1,38$. **Kesimpulan:** Tidak terdapat hubungan antara indeks massa tubuh terhadap core stability pada pemain futsal.

Kata kunci: indeks massa tubuh, core stability, *plank test*, futsal

ABSTRACT



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Connection Body Mass Index To Core Stability In Futsal Players

Consist from Chapter VI, 77 Pages, 10 Tables, 3 Schemes, 10 Figures, 8 Appendices

Purpose: to determine the relationship between body mass index and core stability in futsal players aged 18-35 years. **Method:** This research is descriptive quantitative with correlation study. Samples were selected using simple random sampling technique. The sample consisted of 32 futsal players at My Futsal field. The sample was grouped into 2 group, namely the core stability group at normal BMI and the core stability group Overweight and obesity. The measuring instrument used to measure body mass index is using the formula $BMI = \text{body weight (kg)} : \text{height (m}^2)$ and to measure core stability using the plank test. **Results:** normality test with Shapiro Wilk Test obtained normally distributed data. The result of hypothesis testing using an independent t-test obtained mark $P\text{-value} = 0,21 > 0.05$ which means there is no influence between group core stability group on normal BMI with mean \pm SD $21,55 \pm 1,16$ and groups core stability on BMI Overweight and obesity with mean \pm SD $24,70 \pm 1,38$. **Conclusion:** None connection between index mass body to core stability in futsal players.

Keywords: index mass body, core stability, plank test, futsal