

ABSTRAK



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HUBUNGAN MOBILITAS ANKLE TERHADAP KESEIMBANGAN DINAMIS PADA PEMAIN BOLA FUTSAL

Terdiri dari VI Bab, 77 Halaman, 11 Tabel, 4 Gambar, 3 Skema, 1 diagram, 14 Lampiran

Tujuan: Untuk mengetahui hubungan mobilitas *ankle* terhadap keseimbangan dinamis pada pemain futsal tim elastisco Jakarta. **Metode:** Penelitian ini bersifat deskriptif kuantitatif dengan tipe studi asosiatif. Total sampel sebanyak 30 pemain futsal tim elastisco Jakarta, yang diperoleh dengan teknik *purposive sampling*. Data mobilitas *ankle* diukur dengan *goniometer* sedangkan data keseimbangan dinamis diukur dengan *modified bass test*. **Hasil:**

Uji hipotesis menggunakan *Spearman-rank correlation* menunjukkan nilai $p < 0,05$ dimana nilai mobilitas *ankle* dorsal $p < 0,007$ dengan nilai $r = 0,492$, plantar $p < 0,001$ dengan nilai $r = 0,592$, inversi $p < 0,004$ dengan nilai $r = 0,515$, eversi $p < 0,001$ dengan nilai $r = 0,637$, yang artinya terdapat hubungan yang positif/searah dengan tingkat korelasi pada mobilitas *ankle* dorsal, plantar dan inversi yaitu moderat/cukup, dan tingkat korelasi pada mobilitas *ankle eversi* yaitu kuat. **Kesimpulan:** Terdapat hubungan yang signifikan antara mobilitas *ankle* terhadap keseimbangan dinamis pada pemain futsal.

Kata Kunci: mobilitas *ankle*, keseimbangan dinamis, *goniometer*, *modified bass test*.

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THE RELATIONSHIP BETWEEN ANKLE MOBILITY TO DYNAMIC BALANCE IN FUTSAL PLAYERS

Purpose: To determine the relationship between *ankle mobility* and dynamic balance in futsal players from the Jakarta Elasticco team. **Methods:** This research is a quantitative descriptive study with an associative type of study. The total sample is 30 players Jakarta Elasticco futsal team, which was obtained by *purposive sampling technique*. Ankle mobility data was measured with a *goniometer* while dynamic balance data was measured with a *modified bass test*. **Results:** Hypothesis testing using *the Spearman-rank correlation* showed a value of $p < 0.05$ where the value of dorsal *ankle mobility* was $p < 0.007$ with a value $r = 0.492$, plantar $p < 0.001$ with a value of $r = 0.592$, inversion $p < 0.004$ with a value $r = 0.515$, eversion $p < 0.001$ with value $r = 0.637$, which means that there is a positive/universal relationship with the level of correlation on dorsal, plantar and inversion *ankle mobility*, namely moderate/sufficient, and the level of correlation on *ankle mobility eversion* is strong. **Conclusion:** There is a significant relationship between *ankle mobility* and dynamic balance in futsal players.

Keywords: *ankle mobility, dynamic balance, goniometer, modified bass test.*