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**PERBEDAAN ANTARA LATIHAN EKSENTRIK MENGGUNAKAN  
*ELASTIC RESISTANCE BAND* DENGAN LATIHAN *ISOMETRIC  
STRETCHING* DALAM MENINGKATKAN FLEKSIBILITAS OTOT  
*TRICEPS SURAE***

Terdiri dari VI BAB, 104 halaman, 15 tabel, 4 skema, 17 gambar, 3 grafik

**Tujuan :** Untuk mengetahui perbedaan antara latihan eksentrik menggunakan *elastic resistance band* dengan latihan *isometric stretching* dalam meningkatkan fleksibilitas otot *triceps surae*. **Sampel :** Sampel terdiri dari 20 orang yang merupakan karyawan Klinik Fisioterapi Tanjung Duren usia 22-25 tahun, Jakarta Barat. **Metode :** Penelitian ini merupakan *Experimental Group Designs* yaitu jenis penelitian eksperimen dengan menggunakan rancangan *pre and post test group designs* untuk menilai peningkatan fleksibilitas pada karyawan dengan keterbatasan fleksibilitas otot *triceps surae*. **Hasil :** Untuk uji normalitas menggunakan analisa statistic *Shapiro Wilk Test* data berdistribusi normal, sedangkan uji Homogenitas dengan *Levene's Test* didapatkan data memiliki varian yang homogen. Hasil uji hipotesis kelompok perlakuan I dengan *t-test related* didapatkan nilai  $p = 0,000$  yang berarti latihan eksentrik menggunakan *elastic resistance band* berpengaruh signifikan terhadap peningkatan fleksibilitas otot *triceps surae*. Pada kelompok perlakuan II dengan *t-test related* nilai  $p = 0,000$  yang berarti latihan *isometric stretching* berpengaruh signifikan terhadap peningkatan fleksibilitas otot *triceps surae*. Pada hasil *t-test independent* menunjukkan nilai  $p = 0,000$  yang berarti ada perbedaan terhadap peningkatan fleksibilitas antara kelompok perlakuan I dan kelompok Perlakuan II. **Kesimpulan :** Ada perbedaan antara latihan eksentrik menggunakan *elastic resistance band* dengan latihan *isometric stretching* dalam peningkatan fleksibilitas otot *triceps Surae*.

**Kata kunci :** Latihan eksentrik, *elastic resistance band*, *isometric stretching*, fleksibilitas otot *triceps surae*



## ABSTRACT

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### **THE DIFFERENCE BETWEEN ECCENTRIC EXERCISE USING ELASTIC RESISTANCE BAND WITH ISOMETRIC STRETCHING EXERCISE IN IMPROVING TRICEPS SURAE MUSCLE FLEXIBILITY**

Consist of 6 Chapters, 93 pages, 15 tables, 3 schemes, 13 pictures, 3 grafics

**Aim :** To know the difference between eccentric exercise using elastic resistance band with isometric stretching in improving triceps surae muscle flexibility. **Sample :** Sample consist of 20 subjects who work in Tanjung Duren Physiotherapy Clinic with 22-25 years old, West Jakarta. **Method:** This study is experimental group design that is experiment research type with using pre and post test group designs program to rate increase of flexibility's staff with limitation triceps surae muscle flexibility. **Result :** To test of normality using statistic analysis Shapiro Wilk Test had gotten that the data is normal distribution. To test of homogeneity using Levene's Test had gotten that the data has variant homogene. The result of hypothesis test of group 1 using t-test related had gotten p value = 0,000 which means eccentric exercise using elastic resistance band had an significant effect in improving triceps surae muscle flexibility. In group 2 using t-test related had gotten p value = 0,000 which means isometric stretching exercise had an significant effect in improving triceps surae muscle flexibility. The result of t-test independent shows that p value = 0,000 which means there is difference between group 1 and group 2 in improving flexibility. **Conclusion :** There is the difference between eccentric exercise using elastic resistance band with isometric stretching in improving triceps surae muscle flexibility.

**Keywords :** Eccentric exercise, elastic resistance band, isometric stretching, triceps surae muscles flexibility