

## ABSTRAK



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### **EFEKTIFITAS PENAMBAHAN KINESIOTAPING DALAM PEMBERIAN LATIHAN ISOMETRIC QUADRICEPS ACTIVATION DAN WALL SQUAT UNTUK MENURUNKAN RESIKO CIDERA SAAT LATIHAN PADA PENDERITA CHONDROMALACIA PATELLA**

Terdiri dari 6 Bab, 129 Halaman, 16 Tabel, 22 Gambar, 4 Skema, 5 Grafik, 9 Lampiran

**Tujuan :** Untuk mengetahui efektifitas penambahan *kinesiotaping* dalam pemberian latihan *isometric quadriceps activation* dan *wall squat* untuk menurunkan resiko cedera saat latihan pada penderita *chondromalacia patella*. **Metode :** Penelitian ini merupakan jenis penelitian eksperimental untuk mengetahui pengaruh intervensi yang dilakukan terhadap objek penelitian. Sampel terdiri dari 20 orang siswa SMAN 2 Rangkasbitung yang dipilih dengan teknik *purposive sampling* dengan menggunakan kuisioner dan tabel assessment yang tersedia. Sampel dibagi menjadi dua kelompok yaitu kelompok kontrol yang terdiri dari 10 orang dengan intervensi latihan *isometric quadriceps activation* dan *wall squat* saja dan kelompok perlakuan yang terdiri dari 10 orang dengan intervensi latihan *isometric quadriceps activation* dan *wall squat* dengan penambahan pengaplikasian *kinesiotaping* untuk *chondromalacia patella*. **Hasil :** Hasil uji normalitas dengan Shapiro wilk test didapatkan data berdistribusi normal dan hasil uji homogenitas dengan Levene's test didapatkan data memiliki varian yang homogen. Hasil uji hipotesis dengan Independent T-Test didapatkan nilai  $p = 0,015$  yang berarti intervensi kelompok perlakuan efektif untuk menurunkan resiko cedera saat latihan pada penderita *chondromalacia patella*. **Kesimpulan :** Penambahan *kinesiotaping* dalam pemberian latihan *isometric quadriceps activation* dan *wall squat* efektif untuk menurunkan resiko cedera saat latihan pada penderita *chondromalacia patella*.

**Kata Kunci :** *Kinesiotaping, isometric quadriceps activation, wall squat, resiko cedera, functional movement screening, chondromalacia patella.*

## ABSTRACT



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### **EFFECTIVENESS OF ADDITIONAL KINESIOTAPING IN RENDERING EXERCISES OF ISOMETRIC QUADRICEPS ACTIVATION AND WALL SQUAT TO REDUCE THE RISK OF INJURY DURING EXERCISES IN PATIENTS WITH CHONDROMALACIA PATELLAE**

Consist by VI Chapters, 129 Pages, 16 Tables, 22 pictures, 4 Schemes, 5 Graphics, 9 Attachments

Objective: To determine effectiveness of additional *kinesiotaping* in rendering exercises of *isometric quadriceps activation* and *wall squat* to reduce the risk of injury during exercises in patients with *chondromalacia patellae*. Methods: This study is an experimental to investigate the effect of interventions of the research object. The sample consisted by 20 students of SMAN 2 Rangkasbitung chosen by *purposive sampling* technique using questionnaires and assessment tables. The samples were divided into two groups: a control group consisting of 10 people with exercise intervention *isometric quadriceps activation* and *wall squats* only and the treatment group consisted of 10 people with exercise intervention *isometric quadriceps activation* and *wall squats* with the addition *kinesiotaping* application for *chondromalacia patella*. Results: The results of normality test by Shapiro Wilk test data obtained normal distribution and homogeneity test results with Levene's test data obtained has a homogeneous variant. Results of hypothesis testing with Independent T-Test p-value = 0.015 which means that the intervention group effective treatment to reduce the risk of injury during exercise in patients with *chondromalacia patella*. Conclusions: The addition *kinesiotaping* in rendering exercises of *isometric quadriceps activation* and *wall squats* is effective to reduce the risk of injury during exercise in patients with *chondromalacia patella*.

Keywords: *Kinesiotaping, isometric quadriceps activation, wall squats, risk of injury, functional movement screening, chondromalacia patella.*