



ABSTRAK

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HUBUNGAN FLEKSIBILITAS OTOT HAMSTRING DAN KEKUATAN OTOT QUADRICEPS TERHADAP *CAPAIAN VERTICAL JUMP* PADA PEMAIN BASKET

Terdiri dari VI Bab, 48 Halaman, 6 Tabel, 3 Gambar, 2 Skema, Lampiran

Tujuan: Untuk mengetahui hubungan antara fleksibilitas otot hamstring dan kekuatan otot quadriceps terhadap capaian vertical jump pada pemain basket

Metode: Penelitian ini bersifat kuantitatif, dimana fleksibilitas otot hamstring diukur menggunakan *Sit and Reach Test* kekuatan otot menggunakan *Leg Dynamometer* dan tinggi lompatan menggunakan *sargent test* sampel terdiri dari 30 orang dan berdasarkan *purposive sampling*. **Hasil:** Uji normalitas dengan *Shapiro Wilk Test* didapatkan data berdistribusi normal untuk mengetahui hubungan fleksibilitas otot hamstring dan kekuatan otot quadriceps terhadap capaian *vertical jump* pada pemain basket dengan menggunakan uji korelasi. Jika data berdistribusi normal maka dilakukan uji hipotesis menggunakan *Pearson test*, sedangkan data yang tidak berdistribusi normal menggunakan *Spearman test*.

Hasil uji hipotesa untuk fleksibilitas terhadap vertical jump didapatkan nilai $p=0,218$ yang berarti tidak ada hubungan antara fleksibilitas terhadap vertical jump untuk kekuatan terhadap vertical jump didapatkan nilai $p=0,00$ yang berarti ada hubungan antara kekuatan otot quadriceps terhadap capaian vertical jump dan untuk fleksibilitas dan kekuatan terhadap capaian vertical jump dengan menggunakan uji regresi didapatkan nilai $p=0,000$ dengan nilai $r=696.10$ yang berarti ada hubungan antara fleksibilitas dan kekuatan otot terhadap capaian vertical jump pada pemain basket dengan kekuatan sedang **Kesimpulan:** Ada hubungan antara fleksibilitas otot hamstring dan kekuatan otot quadriceps terhadap capaian vertical jump.

Kata Kunci : fleksibilitas, kekuatan otot, *vertical jump*



ABSTRACT

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CORRELATION of HAMSTRING MUSCLE FLEXIBILITY AND QUADRICEPS MUSCLE STRENGTH AGAINST VERTICAL JUMP ACHIEVEMENTS ON BASKETBALL PLAYERS

Consisting of Chapter VI, 48 Pages, 6 Tables, 3 pictures, 2 Scheme, Appendix

Objective: To determine the relationship between flexibility of the hamstring muscles and quadriceps muscle strength against vertical jump performance in basketball

Methods: This study is quantitative, where the flexibility of the hamstring muscles is measured using the Sit and Reach Test of Leg muscle strength using a dynamometer and the height of the jump using sargent test sample consisted of 30 people and based on purposive sampling. **Results:** Normality test with Shapiro Wilk Test. normal distribution of data obtained to determine the relationship of the flexibility of the hamstring muscles and quadriceps muscle strength against achievement of vertical jump on basketball players by using correlation test. If the data are normally distributed then the hypothesis tested using the Pearson test, while the data is not normally distributed using the Spearman test.

The results of hypothesis testing for flexibility against vertical jump p value = 0.218, which means there is no relation between flexibility on the vertical jump to vertical jump force against the indigo obtained $p = 0.00$ which means there is a relationship between the strength of the quadriceps muscle of the achievements of vertical jump and for versatility and the strength of the achievements vertical jump using regression test p value = 0,000 $r = 696.10$, which means there is a relationship between flexibility and muscle strength of the achievements vertical jump on basketball player with the standard ability **Conclusions:** there is a relationship between flexibility of the hamstring muscles and muscle strength quadriceps against vertical jump performance.

Keywords: flexibility, muscle strength, vertical jump