

PENGARUH DYNAMIC WARM-UP TERHADAP PENINGKATAN DYNAMIC POSTURAL CONTROL PADA PEMAIN SEPAK BOLA MUDA AMATIR DI SEKOLAH SEPAK BOLA ASTAM

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Abstrak

Dynamic Postural Control adalah keseimbangan yang dilakukan ketika dalam posisi bergerak. Dalam permainan sepak bola dibutuhkan adanya Dynamic Postural Control, hal ini dikarenakan pergerakannya yang aktif dilapangan seperti berlari, menggiring, mengoper dan menendang bola. Masalah yang sering timbul akibat kehilangan Dynamic Postural Control yaitu terjadinya cedera dan menurunnya performa atlet. Penelitian ini bertujuan untuk mengetahui pengaruh Dynamic Warm-up terhadap peningkatan Dynamic Postural Control pada pemain sepak bola muda amatir. Penelitian ini merupakan penelitian eksperimental dengan pre test – post test without control group design. Sample diambil dari sekolah sepak bola yang berjumlah 16 orang, dan masuk dalam 1 kelompok dengan perlakuan Dynamic Warm-up. Dipilih berdasarkan kriteria inklusi dan eksklusi. Pengukuran dilakukan menggunakan Star Excursion Balance Test (SEBT). Setelah dilakukan pengolahan dan analisis data secara statistik menunjukkan bahwa Dynamic Warm-up berpengaruh terhadap peningkatan Dynamic Postural Control dengan skor rerata kanan sebelum 102.2179 ± 12.454 , rerata kiri sebelum 98.7186 ± 10.787 , dan rerata kanan sesudah 104.7908 ± 12.393 , rerata kiri sesudah 101.3252 ± 10.901 diperoleh dari hasil perlakuan pretest dan posttest dimana $p > 0,05$ yang berarti bahwa data berdistribusi normal. Maka disimpulkan Dynamic Warm-up memberikan peningkatan terhadap Dynamic Postural Control pada pemain sepak bola muda amatir di Sekolah Sepak Bola ASTAM.

Kata Kunci : Dyamic Postural Control, Dynamic Warm-up, Sepak Bola, Star Excursion Balance Test

THE EFFECT OF DYNAMIC WARM-UP TO IMPROVING DYNAMIC POSTURAL CONTROL ON AMATEUR YOUTH FOOTBALL PLAYERS IN ASTAM FOOTBALL SCHOOL

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Abstract

Dynamic Postural Control is balance which is conducted when in a moving position. In football games needed is dynamic postural control, this is because of its active movement in the field like run, dribble, passing and kick the ball. Problems that often arise due to loss of Dynamic postural control is the occurrence of injury and decreased performance of athletes. This study aims to determine the effect of giving Dynamic Warm-up to increase Dynamic postural control in amateur football players. This research is experimental with pre test – post test without control group design. Sample was taken in football school which amounted to 16 people and enter in 1 group with Dynamic Warm-up treatment. Selected based on by inclusion criteria and exclusion. Measurement conducted using Star Excursion Balance Test (SEBT). After analyzing the data and processing data statistically show that Dynamic Warm-up effect on improvement Dynamic postural control with the score mean right before of 102.2179 ± 12.454 , left mean before 98.7186 ± 10.787 , and right mean after 104.7908 ± 12.393 , left mean after 101.3252 ± 10.901 obtained of results pretest and posttest treatment which $p > 0,05$ which means that the data is normally distributed. Then be concluded Dynamic Warm-up give improving to Dynamic postural control in amateur youth football players in ASTAM football school

Keyword : Dyamic Postural Control, Dynamic Warm-up, Football, Star Excursion Balance Test