

PENGARUH *HARMOKNEE WARM-UP* TERHADAP PENINGKATAN *DYNAMIC POSTURAL CONTROL* PADA PEMAIN SEPAK BOLA MUDA AMATIR

Theodora Esmeralda Boru Ginting

Abstrak

Sepak bola berlangsung selama 90 menit sehingga pemain harus menjaga *physical fitness* hal tersebut bertujuan untuk mencegah terjadinya cedera saat bermain sepak bola. Salah satu *physical fitness* yang harus dijaga adalah *dynamic postural control*. Dalam sepak bola *dynamic postural control* berperan penting karena pemain sepak bola terus bergerak selama permainan. Peningkatan *dynamic postural control* dilakukan dengan cara *harmoknee warm-up*, program pemanasan untuk mencegah cedera terkait sepak bola, khususnya pemain amatir. Penelitian ini bertujuan untuk mengetahui pengaruh *Harmoknee warm-up* terhadap peningkatan *dynamic postural control* pada pemain sepak bola muda amatir. Metode penelitian yang digunakan adalah metode *eksperimental pre and post test*. Sampel penelitian siswa sekolah sepak bola, sampel dipilih dengan kriteria inklusi dan eksklusi yang diperoleh sebanyak 16 siswa. Tes yang digunakan untuk mengukur *Dynamic postural control* adalah *Star Excursion Balance Test* (SEBT). Latihan *Harmoknee warm-up* dilakukan selama 4 minggu, 2 kali dalam satu minggu di Sekolah Sepak Bola di Bina Taruna Rawamangun. Setelah dilakukan pengolahan dan analisis data secara statistik menggunakan *paired samples t-test* diperoleh hasil rerata kanan sebelum $760,94 \pm 20,37$ dan kanan sesudah $763,26 \pm 17,27$ dan kiri sebelum $757,08 \pm 17,40$ dan kiri sesudah $764,40 \pm 16,82$. Sehingga dapat di simpulkan bahwa *Harmoknee warm-up* berpengaruh terhadap peningkatan *Dynamic Postural Control*.

Kata Kunci : *Dynamic postural control*, *Harmoknee Warm-up*, SEBT, Sepak bola

THE EFFECT OF HARMOKNEE WARM-UP ON IMPROVE DYNAMIC POSTURAL CONTROL IN YOUTH AMATEUR FOOTBALL PLAYERS IN FOOTBALL SCHOOL

Theodora Esmeralda Boru Ginting

Abstract

Football lasts for 90 minutes so players must maintain physical fitness to prevent injury while playing football. One physical fitness that must be maintained is dynamic postural control. In football dynamic postural control plays an important role because football players continue to move during the game. Increased dynamic postural control is done by means of harmoknee warm-up, a warm-up program to prevent injury related to football, especially amateur players. This study aims to determine the effect of Harmoknee warm-up on improving dynamic postural control in young amateur football players. The research method used is the experimental method pre and post test. Samples of research were football school students, samples were selected with inclusion and exclusion criteria obtained as many as 16 students. The test used to measure Dynamic postural control is the (SEBT) Harmocnee Warm-up Star Excursion Balance Test conducted for 4 weeks, 2 times a week at the Football School in Rawamangun Bina Taruna. After processing and analyzing data statistically using paired samples t-test, the right average results were obtained before right 760.94 ± 20.37 and after right 763.26 ± 17.27 and before left 757.08 ± 17.40 and after left 764.40 ± 16.82 . With the result that it can be concluded that the Harmoknee warm-up has an effect on the increase in Dynamic Postural Control.

Keywords : Dynamic postural control, Football , Harmoknee Warm-up, SEBT