

# ***LITERATURE REVIEW : PENGARUH AQUATIC PLYOMETRIC TRAINING TERHADAP FLEKSIBILITAS HAMSTRING PADA PEMAIN BASKET***

**Fatimah Rizqi**

## **Abstrak**

**Tujuan:** fleksibilitas hamstring merupakan faktor penting pada pemain basket yang memiliki peluang terjadinya kerobekan jika tidak memiliki fleksibilitas lebih saat adanya gerakan ekstensi dari knee. Penelitian ini bertujuan untuk menelaah literature, jurnal, artikel ataupun hasil penelitian dengan topik pengaruh aquatic plyometric training terhadap fleksibilitas hamstring pada pemain basket. **Metode:** Pencarian sumber literature, jurnal, artikel, hasil penelitian di beberapa database seperti Google Scholar, Science Direct, Elsevier, PEDro, PubMed dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2011-2020. Dari hasil penelusuran literature didapatkan 4 artikel dan jurnal yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 4 artikel dinilai dengan Scimago Journal & Country Rank (SJR). Analisis terhadap 4 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah literature sebanyak 4 artikel menunjukkan bahwa aquatic plyometric dapat meningkatkan fleksibilitas hamstring seseorang. **Kesimpulan:** aquatic plyometric training dapat meningkatkan fleksibilitas hamstring pada pemain basket secara signifikan.

**Kata Kunci :** Aquatic Plyometric Training, Fleksibilitas Hamstring, Basket, Aquatic Training

# **LITERATURE REVIEW : EFFECT AQUATIC PLYOMETRIC TRAINING TO FLEXIBILITY HAMSTRING IN BASKET BALL PLAYERS**

**Fatiyah Rizqi**

## **Abstract**

**Objective:** Hamstring flexibility is an important factor in basketball players who have a chance of tearing if they do not have more flexibility when there is an extension of the knee.. This study aims to examine the literature, journals, articles or research results with the topic of the influence of aquatic plyometric training to hamstring flexibility in basket ball player. **Method:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, Science Direct, Elsevier, PEDro, PubMed by using certain keywords in the period 2011-2020. From the literature search results, 4 articles met the source inclusion criteria. The methodological quality assessment of 4 articles was assessed using the Scimago Journal & Country Rank (SJR). Analysis of 4 journals was carried out based on the suitability of the topic, the research methods used, subject, interventions, instruments/parameters, and the results of each article. **Results:** After reviewing the literature as many as 4 articles showed that aquatic plyometric training can improve hamstring flexibility a person. **Conclusion:** Aquatic plyometric training can significantly increase the flexibility of hamstring for basketball players.

**Keywords :** Aquatic Plyometric Training, Flexibility Hamstring, Basketball, Aquatic Training