

# **HUBUNGAN ANTARA *CORE STABILITY* TERHADAP GERAKAN FUNGSIONAL PADA ANAK SEKOLAH DASAR USIA 8 – 11 TAHUN**

## **Salsabila**

## **Abstrak**

Core stability merupakan kemampuan untuk stabilisasi pada kontrol gerakan motorik serta kapasitas kompleks dari otot lumbar – pelvic – hip. Pada core stability terbagi menjadi dua gerakan yaitu prone plank dan side plank, dimana side plank terbagi pada sisi dextra dan sinistra. Penelitian ini bertujuan untuk mengkaji hubungan antara prone plank, side plank dextra dan sinistra terhadap gerakan fungsional pada anak sekolah usia 8 – 11 tahun. Penelitian ini merupakan penelitian non – eksperimental dengan menggunakan metode cross sectional. Populasi yang diambil pada anak sekolah usia 8 – 11 tahun dengan jumlah sampel 82 orang yang diambil berdasarkan rumus Slovin dengan teknik random sampling. Setiap sampel dilakukan tes prone plank, side plank dextra dan sinistra dan pengukuran gerakan fungsional menggunakan functional movement screen score (FMSS). Analisa data menggunakan uji statistik dan hipotesis. Berdasarkan analisis penelitian diperoleh data yang berdistribusi tidak normal pada prone plank, side plank dextra, side plank sinistra dan FMSS. Hasil uji bivariat diperoleh tingkat korelasi positif sebesar 0.044 pada hubungan prone plank dengan gerakan fungsional, lalu pada hubungan side plank dextra dengan gerakan fungsional diperoleh korelasi positif sebesar 0.001 dan pada hubungan side plank sinistra dengan gerakan fungsional diperoleh korelasi positif sebesar 0.000. Kesimpulan dari penelitian ini bahwa ada hubungan antara prone plank, side plank dextra dan side plank sinistra terhadap gerakan fungsional pada anak sekolah dasar usia 8 – 11 tahun.

**Kata Kunci :** Anak Sekolah, Core Stability, Gerakan Fungsional, Prone Plank, Side Plank

# **CORRELATION BETWEEN CORE STABILITY TO FUNCTIONAL MOVEMENTS IN ELEMENTARY SCHOOL AGES 8 - 11 YEARS**

**Salsabila**

**Abstract**

Core stability is the ability to stabilize motor control and the complex capacity of the lumbar - pelvic – hip muscle. On the core stability is divided into two movements, namely prone plank and side plank, where the side plank is divided on the dextra and sinistra side. This study aims to examine the correlation between prone plank, dextra and sinistra side plank to functional movements in school children aged 8 - 11 years. This research is a non-experimental research using cross sectional method. Population taken in school children aged 8 - 11 years with a sample of 82 people taken based on Slovin formula with random sampling technique. Each sample is carried out prone plank, dextra and sinistra side plank test and the measurement of functional movements using functional movement screen score (FMSS). Data analysis using statistical tests and hypotheses. Based on the research analysis, it was obtained data that were abnormally distributed on prone plank, dextra and sinistra side plank and FMSS. The bivariate test results obtained a positive correlation level of 0.044 on the correlation of prone plank with functional movements, then the dextra side plank correlation with the functional movement obtained a positive correlation of 0.001 and the left side plank correlation with the functional movement obtained a positive correlation of 0.000. The conclusion of this study is that there is correlation between prone plank, dextra side plank and left side plank to functional movements in elementary school children aged 8 - 11 years.

**Keywords** : School Children, Core Stability, Functional Movement, Prone Plank, Side Plank