

Erika Fajar Septianingtyas NIM E2014015 Program Studi Diploma IV Fisioterapi	Dosen Pembimbing 1. Indarwati, SKM., M.Kes 2. Rini Widarti, SSt.FT., M.Or
--	---

**CORE STABILITY TRAINING TERHADAP KESEIMBANGAN DINAMIS  
PADA PEMAIN FUTSAL DI KLUB PEMUDA ROTAN DAN UKM  
FUTSAL STIKES ‘AISYIYAH SURAKARTA**

**ABSTRAK**

**Latar Belakang :** Keseimbangan dinamis bagi pemain futsal penting untuk melakukan *shooting, passing*, melompat atau berganti arah untuk mengeksekusi keterampilan dan pergerakan yang diinginkan serta menghindari ketidakstabilan dan teknik yang buruk. **Tujuan :** Untuk mengetahui pengaruh *core stability training* terhadap keseimbangan dinamis pemain futsal di Klub Pemuda Rotan dan UKM Futsal STIKES ‘Aisyiyah Surakarta. **Metode :** Penelitian kuantitatif *quasy experiment*, dengan jenis rancangan *control time series design*. Pengambilan sampel menggunakan teknik *simple random sampling*, jumlah responden 40 pemain futsal usia 18-21 tahun. Sampel dibagi menjadi 2 kelompok yaitu, kelompok perlakuan *core stability training* yang dilakukan selama 4 minggu, minggu pertama selama seminggu 6 kali, minggu selanjutnya dilakukan 3 kali seminggu, dan kelompok kontrol tanpa perlakuan. Uji normalitas menggunakan uji *Shapiro wilk test*. Uji pengaruh menggunakan *Paired samples t-test*. **Hasil :** Hasil uji *Paired samples t-test*  $p = 0,000$  ( $p < 0,05$ ), hal ini menunjukkan *core stability training* memiliki pengaruh terhadap keseimbangan dinamis. **Kesimpulan :** Ada pengaruh *core stability training* terhadap keseimbangan dinamis pemain futsal di Klub Pemuda Rotan dan UKM Futsal STIKES ‘Aisyiyah Surakarta.

**Kata Kunci :** *core stability, keseimbangan dinamis, pemain futsal*

Erika Fajar Septianingtyas NIM E2014015 <i>Diploma IV Program of Physioterapy</i>	<i>Counsellor</i> 1. Indarwati, SKM., M.Kes 2. Rini Widarti, SSt.FT., M.Or
<b><i>CORE STABILITY TRAINING ON DINAMIC BALANCE OF FUTSAL PLAYERS IN PEMUDA ROTAN CLUB AND UKM FUTSAL STIKES ‘AISYIYAH SURAKARTA</i></b>	
<b><i>ABSTRACT</i></b>	
<p><b><i>Background</i></b> : Dynamic balance of futsal players important to shooting and passing, jumping, or changing direction to execute the desired skills and movements as well as avoiding instability and bad technique. <b><i>Purpose</i></b> : The purpose of this study was to evaluate the effects of a core stability training on dynamic balance of futsal players in Pemuda Rotan Club and UKM Futsal STIKES ‘Aisyiyah Surakarta. <b><i>Method</i></b> : The research of design is quasy experiment, with control time series design. The technique of sampling is simple random sampling, respondent total 40 players futsal 18-21 years old in Pemuda Rotan Club and UKM Futsal STIKES ‘Aisyiyah Surakarta. The samples are divided into two groups, the are experiment group and control group without treatment. The experiment group with training (core stability training) conducted for 4 weeks, first week 6 times, next week 3 times a week. Normality tests used Shapiro wilk test. Influence of test used Paired samples t-test. <b><i>Results</i></b> : The results of Paired samples t-test is <math>p = 0.000</math> (<math>p &lt; 0.05</math>), it shows core stability training has an impact on dynamic balance. <b><i>Conclusion</i></b> : The effect of core stability training can increase dynamic balance of Futsal Players in Pemuda Rotan Club and UKM Futsal STIKES ‘Aisyiyah Surakarta.</p>	
<b><i>Keyword</i></b> : core stability, dynamic balance, futsal players	