

ABSTRAK

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NORDIC HAMSTRING EXERCISE DAN CONTRACT RELAX STRETCHING TERHADAP PENINGKATAN FLEKSIBILITAS HAMSTRING PADA MAHASISWI FISIOTERAPI STIKES 'AISYIYAH SURAKARTA

ABSTRAK

Latar Belakang: Angka kejadian yang cukup tinggi di masyarakat tentang penurunan fleksibilitas otot *hamstring* akibat pemendekan otot terjadi sebanyak 41% dan berkontribusi pada gangguan kapsul 47% serta pada tendon 10%. Salah satu penyebab penurunan fleksibilitas *hamstring* misal kebiasaan duduk pada posisi yang salah dan terlalu lama. Modalitas fisioterapi yang dapat digunakan untuk meningkatkan fleksibilitas *hamstring* diantaranya *nordic hamstring exercise* dan *contract relax stretching*. **Tujuan:** mengetahui perbedaan pengaruh pemberian *nordic hamstring exercise* dan *contract relax stretching* terhadap peningkatan fleksibilitas *hamstring*. **Metode:** penelitian *True Exsperimental* dengan *two group pretest-posttest design* dengan teknik sampling *simple random sampling*. Sampel penelitian 40 responden yang dibagi menjadi 2 kelompok yaitu kelompok *nordic hamstring exercise* dan kelompok *contract relax stretching*. Penelitian tersebut dilakukan selama 4 minggu dengan 3 kali latihan tiap minggu. Uji yang digunakan *shapiro wilk*, *paired t-test*, dan *independent t-test*. **Hasil:** hasil uji *independent t-test* $p < 0,001$ ($p < 0,05$), hal ini menunjukkan adanya perbedaan pengaruh pemberian *nordic hamstring exercise* dan *contract relax stretching* terhadap peningkatan fleksibilitas *hamstring*. **Kesimpulan:** terdapat perbedaan pengaruh pemberian *nordic hamstring exercise* dan *contract relax stretching* terhadap peningkatan fleksibilitas *hamstring*.

Kata Kunci: *fleksibilitas hamstring, nordic hamstring exercise dan contract relax stretching*

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***NORDIC HAMSTRING EXERCISE AND CONTRACT RELAX
STRETCHING TO INCREASE HAMSTRING FLEXIBILITY
AT STUDENT OF PHYSIOTHERAPY STIKES 'AISYIYAH
SURAKARTA***

ABSTRACT

Background: A fairly high incidence rate in the community regarding a decrease in hamstring muscle flexibility due to muscle reduction occurs as much as 41% and contributes to 47% capsule disorders as well as in the 10% tendon. One of the causes of the decrease in hamstring productivity in the habit of sitting in the wrong position for too long physiotherapy modalities that can be used to increase hamstring flexibility include nordic hamstring exercise and contract relax stretching. ***Purpose:*** to know the difference of effect of nordic hamstring exercise and contract relax stretching to increase hamstring flexibility. ***Method:*** true eksperimental study with two group pretest-posttest design with simple sampling random sampling technique. 40 research samples werre divided into 2 groups, namely group of nordic hamstring exercise and contract relaxstretching group. The study was conducted for 4 weeks with 3 times a week. Test used shapiro wilk, paired t-test, dan independent t-test. ***Result:*** independent t-test $p < 0,001$ ($p < 0,05$) test result, this indicated a difference in the effect of nordic hamstring exercise and contract relax stretching to increase hamstring flexibility. ***Conclusion:*** there is a difference of effect of nordic hamstring exercise and contract relax stretching to increase hamstring flexibility.

Keyword: hamstring flexibility, nordic hamstring exercise and contract relax stretching