

ABSTRACT

DIFFERENCES IN THE EFFECT OF CONTRACT RELAX STRETCHING AND STATIC STRETCHING EXERCISE ON HAMSTRING MUSCLE FLEXIBILITY ON FUTSAL PLAYERS

Background: The limited of flexibility capabilities can lead to poor technique mastery which will affect the range of motion (ROM) in the joints. In increasing the flexibility of the hamstring muscles to overcome the shortening problems that occur and increase the work of the hamstring muscles optimally is by doing stretching. By providing stretching it can increase maximum of flexibility and stretch muscles by doing muscles stretching exercise, namely contract relax stretching and static stretching exercise. **Purpose:** To determine the difference in the effect of contract relax stretching and static stretching exercise on the flexibility of the hamstring muscles in futsal players. **Methods:** This study is used a quasi-experimental design involving 30 subjects using purposive sampling. The sample was divided into 2 intervention groups, namely the contract relax stretching group (n=15) and static stretching exercise (n=15). This intervention was carried out in 3 times a week for one month. The data analysis using Wilcoxon effect tests. **Results:** The result of this study showed that there was an effect of giving contract relax stretching ($p=0,001$) and static stretching exercise ($p=0,001$) to madridista futsal players in solo (PMRI solo) between before and after being given both interventions. Sit and reach test values obtained ($p=33,33$). **Conclusion:** There is no significant difference between the contract relax stretching and the static stretching exercise, but both of them have the same effect to increasing the flexibility of the hamstring muscles in madridista solo futsal players.

Keywords: Contract Relax Stretching, Static Stretching Exercise, Futsal, Hamstring muscle flexibility