

**THE EFFECT OF PLYOMETRIC EXERCISE ON THE RISK OF INJURY  
IN VOLLEYBALL PLAYERS CLUB COBERS KARTASURA**

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**ABSTRACT**

**Background:** Sport is a physical activity that is done to get a healthy and strong body, the activity itself tends to be fun and entertaining. Over time, many athletes do not pay attention to their physical condition, which can lead to sports injuries.

**Objective:** To determine the effect of plyometric exercise on the risk of injury to volleyball players. **Methods:** This type of research is quantitative with a quasi-experimental method and the research design uses one group pre test and post test without a control group. With a total sample of 21 subjects. The research instrument used the Functional Movement Screening measuring instrument. The intervention used was Plyometric Exercise carried out 3 times a week for 4 weeks. Data analysis used the Wilcoxon effect test. **Results:** The results of this study indicate that there is an effect of plyometric exercise on the risk of injury to volleyball players with a value ( $p=0.013$ ). **Conclusion:** There is an effect of giving plyometric exercise on the risk of injury to volleyball players.

**Keywords:** Risk of sports injury in volleyball players, Plyometric exercise