

EFFECT HOLD RELAX STRETCHING ON FLEXIBILITY OF MUSCLE HAMSTRING IN TAEKWONDO COMMUNITY IN BOYOLALI

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ABSTRACT

Background; The Taekwondo community in Boyolali has several people complaining about the difficulty in kicking due to the lack of stretching. Stretching in Taekwondo athletes is important because to minimize the occurrence of injury. Stretching according to portion can maintain flexibility. To maintain the flexibility of the hamstring muscles in Taekwondo Community can be done by Hold Relax Stretching. ***Objectives;*** this study aims to determine the effect before and after Hold exercise hamstring on Boyolali taekwondo community. ***Method;*** This study uses the pre-conservative method with the design. Sampling using random sampling technique, with a total sample 20 respondents, while the research instrument uses sit and reach test. ***Result;*** The result of this study Significant $p=0,001$ ($p<0,05$), meaning there is a hold effect to relax stretching to muscles flexibility hamstring to the taekwondo community in Boyolali. ***Conclusion;*** with these result it can be concluded that there is a significant number of relays ethn to hamstring muscles flexibility in the taekwondo community in Boyolali.

Keywords; Flexibility, Hold Relax Stretching, Hamstring Muscles

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