

Profil fleksibilitas otot hamstring pada atlit voli KONI Propinsi DKI Jakarta : studi pendahuluan untuk evaluasi pencegahan cedera olahraga= Hamstring muscle flexibility among KONI Propinsi DKI Jakarta s volleyball players

Hendriko, author

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Abstrak

**ABSTRAK**

Penelitian ini bertujuan untuk mencari nilai fleksibilitas otot hamstring pada atlit voli KONI Propinsi DKI Jakarta, khususnya berdasarkan usia, jenis kelamin dan posisi bermain. Studi potong lintang terhadap 25 atlit putri dan 24 putra dengan menggunakan kotak Sit and Reach Test (SRT), dilakukan sebanyak 3 kali percobaan dan diambil nilai tertinggi diantara ketiganya. Nilai rerata fleksibilitas otot hamstring sebesar 18,21 (SD 6,5) cm, atlit putra sebesar 17,6 (SD 6,5) cm, atlit putri sebesar 18,8 (SD 6,6) cm, middle adolescence 14-16 tahun sebesar 15,55 (SD 6,1) cm, late adolescence 17-20 tahun sebesar 19,91 (SD 6,9) cm, young adulthood 21-24 tahun sebesar 18,79 (SD 4,6) cm, pemain penyerang sebesar 18,8 (SD 6,6) cm, pemberi bola 15,5 (SD 6,3) dan pemain serba bisa 20,4 (SD 5,9) cm.

**ABSTRACT**

This study tends to find hamstring muscle flexibility among KONI Propinsi DKI Jakarta's volleyball players, based on age, sex and playing position on particularly. A cross sectional study performed in 25 female and 24 male athletes using Sit and Reach Test (SRT) box had done 3 times trial with the best score was recorded. Hamstring muscle's mean value score was 18,21 (SD 6,5) cm, male athletes was 17,6 (SD 6,5) cm, female athletes was 18,8 (SD 6,6) cm, middle adolescence 14-16 years old was 15,55 (SD 6,1) cm, late adolescence 17-20 years old was 19,91 (SD 6,9) cm, young adulthood 21-24 years old was 18,79 (SD 4,6) cm, hitters was 18,8 (SD 6,6) cm, centers was 15,5 (SD 6,3) while allround players was 20,4 (SD 5,9).